



**JULY/AUGUST 2017 BREAKFAST AND LUNCH MENU**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7/24 NO SCHOOL	7/25 NO SCHOOL	7/26 Maple Mini Pancakes (39g)	7/27 Turkey Sausage Breakfast Pizza (31g)	7/28 Bagel with Cream Cheese (28g)
7/31 Beef Sausage on Bun (20g)	8/1 Mini Cinnamon Toast (37g)	8/2 Turkey Sausage Pancake Wrap (17g)	8/3 Maple Waffles (38g)	8/4 Cheese Omelet in Pita (13g)
8/7 Sweet Potato Swirl Roll (33g)	8/8 Egg and Cheese Bosco Stick (17g)	8/9 Maple Mini Pancakes (39g)	8/10 Turkey Sausage Breakfast Pizza (31g)	8/11 Bagel with Cream Cheese (28g)
8/14 Beef Sausage on Bun (20g)	8/15 Mini Cinnamon Toast (37g)	8/16 Turkey Sausage Pancake Wrap (17g)	8/17 Maple Waffles (38g)	8/18 Cheese Omelet in Pita (13g)
<p><b>CHOOSE ONE MAIN ENTRÉE OR CHOOSE TWO OF THE FOLLOWING AT BREAKFAST:</b>            Assorted Cereal (22-25g) or Graham Cracker (19g) or Yogurt (15g) or Cheese Stick (1g)            Orange juice (14g) and apple juice (14g) are offered daily with breakfast. A variety of fresh fruits, and a choice of 1% low fat white milk (13g), or skim chocolate milk (24g) are offered.            Grams of carbohydrate for each food are listed in parenthesis (g).</p>			<p>Vegetables are offered daily and legumes weekly at lunch.            **Sliced wheat bread (12g) offered with lunch entree.            &lt;&gt; Meatless item  <u>A complete breakfast and lunch are FREE to every student!!</u>            Pork, seafood, and nut-containing products are not offered.            Menu is subject to change.            This institution is an equal opportunity provider.            Revised 7/27/2017</p>	
LUNCH				
7/24 NO SCHOOL	7/25 NO SCHOOL	7/26 Teriyaki Chicken on Bun (40g) **Turkey and French Toast Sticks (33g) Soy Butter & Grape Jelly Sandwich (55g) <>	7/27 Hamburger/Bun (20g) Cheese Pizza (30g) <> **Chicken Fajita and Cheese Wrap (15g) Mixed Veggies-carrot, pea, green bean, lima bean, & corn (9g)	7/28 Chicken Patty on Bun (29g) Toasted Cheese Sandwich (24g) <> **Turkey Wrap (14-16g) & BBQ sauce (4g)
7/31 **Chicken Nuggets (13g) Cheese & Bean Enchilada (42g) <> Soy Butter & Grape Jelly Sandwich (55g) <>	8/1 **Chicken Drumstick (5g) Cheese Pizza (30g) <> **Turkey Wrap (14-16g) & BBQ sauce (4g) Baked Beans (30g) <>	8/2 Hamburger/Bun (20g) Turkey Hot Dog on Bun (26g) for <u>K-6 ONLY</u> Soy Butter & Grape Jelly Sandwich (55g) <>	8/3 *Walking Taco (26g) and Bread (13g) *Cheesy Bread Sticks (27g) with Marinara Sauce (4g) <> *Turkey Wrap (14-16g) & BBQ sauce (4g)	8/4 **Cheeseburger Meatloaf on Bread (20g) Teriyaki Chicken on Bun (40g) Soy Butter & Grape Jelly Sandwich (55g) <> Potato Wedges (14g)
8/7 Chipotle Chicken Gordita (35g) Hamburger on Bun (20g) Soy Butter & Jelly Sandwich (55g) <> Baked Beans (30g) <>	8/8 Pepperoni Pizza (30g) **Macaroni-n-Cheese (28g) <> **Turkey Wrap (14-16g) & BBQ sauce (4g) Corn (17g)	8/9 Teriyaki Chicken on Bun (40g) Turkey and French Toast Sticks (39g) Soy Butter & Grape Jelly Sandwich (55g) <>	8/10 Hamburger/Bun (20g) Cheese Pizza (30g) <> **Chicken Fajita and Cheese Wrap (15g) Mixed Veggies-carrot, pea, green bean, lima bean, & corn (9g)	8/11 Chicken Patty on Bun (29g) Toasted Cheese Sandwich (24g) <> **Turkey Wrap (14-16g) & BBQ sauce (4g)
8/14 **Chicken Nuggets (13g) Cheese & Bean Enchilada (42g) <> Soy Butter & Grape Jelly Sandwich (55g) <>	8/15 **Chicken Drumstick (5g) Cheese Pizza (30g) <> **Turkey Wrap (14-16g) & BBQ sauce (4g) Baked Beans (30g) <>	8/16 Hamburger/Bun (20g) Turkey Hot Dog on Bun (26g) for <u>K-6 ONLY</u> Soy Butter & Grape Jelly Sandwich (55g) <>	8/17 *Walking Taco (26g) and Bread (13g) *Cheesy Bread Sticks (27g) with Marinara Sauce (4g) <> *Turkey Wrap (14-16g) & BBQ sauce (4g)	8/18 **Cheeseburger Meatloaf on Bread (20g) Teriyaki Chicken on Bun (40g) Soy Butter & Grape Jelly Sandwich (55g) <> Potato Wedges (14g)