

	Monday	Tuesday	Lean & Green Wednesday	Thursday 8/22	Friday 8/23
Entrée – choose 1				*Hot Italian Sub (31g) *Cheesy Chicken Crunch Wrap (56g) **Veggie Power Burger (39g) or Cheeseburger on Bun (27g)	*Spicy Chicken Tenders (9g) & Cornbread (29g) **Veggie Pizza (49g) or Cheese Pizza (44g) *Chili Cheese Coney (26g)
				COLD ENTREES **Citrus Salad (g) & Breadstick (17g) **Egg Combo (34-59g)	COLD ENTREES *Regular (44g) or Spicy Chicken Wrap (42g) *Cobb Salad (12) & Cornbread (29)
Choose 1 or more				*Potato of Choice (14-23g) *Collard Greens (4g)	**Baked Beans (28g)

WEEK 1

	Monday 8/26	Tuesday 8/27	Lean & Green Wednesday 8/28	Thursday 8/29	Friday 8/30
Entrée – choose 1	*Spicy Chicken Patty on Bun (34g) *Pepperoni Pizza (44g) **3 Bean Chili (19g) & Two Cornbread (58g)	*Salisbury Steak on Bun (34g) *Turkey Corn Dog (30g) **Cheese Stuffed Breadsticks with Spaghetti Sauce (37g)	**Chili Cheese Wrap (37g) **Mighty Nachos (50g) **French Toast Sticks with Egg (59g)	*Cheeseburger on Bun (27g) *Chicken and Noodles (33g) & Cornbread (29g) **Toasted Cheese Sandwich (34g)	*Chicken Tenders (12g) & Breadstick (17g) **Veggie Pizza (49g) or Cheese Pizza (44g) *Cheese & Chicken Burrito (53g)
	COLD ENTREES *Turkey & Cheese Sub (29g) **Yogurt Parfait (72-91g) & Muffin (26-28g)	COLD ENTREES *Turkey Salad on Croissant (37g) *Crispy Chicken Salad (27g) & Muffin (26-28g)	COLD ENTREES **Sun Butter Grab-n-Go (70-77g) **Yogurt with Sunflower Seed & Craisins 52-53(g) & Grahams (38g)	COLD ENTREES **Veg Out Sub (43g) *Italian Salad (9g) & Breadstick (17g)	COLD ENTREES *Turkey Ham & Cheese Wrap (37g) *Chef Salad (16g) & Breadstick (17g)
Choose 1 or more	*Corn (17g) **Black beans (22g)	*Mashed Potatoes with Gravy (23g) *Brussels Sprouts (7g)	*Green Beans (5g) *Hot Peach Slices (28g)	**Potato of Choice (15-23g) *Steamed Broccoli (2g)	*Mixed Vegetables – corn, peas, carrots, green beans, & lima beans (9g)

WEEK 2

A selection of fruits & vegetables (such as fresh lettuce, tomato, broccoli, and carrots), and 1% low fat white milk (13g) or fat-free chocolate milk (24g) offered for school lunch. A complete meal is free for all students under the Community Eligibility Provision. Grams of carbohydrate in each food listed in parenthesis (g). Nutrient content and ingredients are available upon request. **Meatless food item is available at lunch daily. No pork or seafood offered. Menu subject to change. This institution is an equal opportunity provider, employer, and lender. Revised 7/29/2019