



JULY/AUGUST 2018 BREAKFAST /LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7/23 NO SCHOOL	7/24 NO SCHOOL	7/25 Turkey Sausage Breakfast Pizza (31g)	7/26 Maple Waffles (38g)	7/27 Strawberry Pancakes (40g)
7/30 Sweet Potato Swirl Roll (33g)	7/31 Maple Pancakes (39g)	8/1 Mini Cinnis (39g)	8/2 Turkey Sausage Pancake Wrap (17g) ⓓ	8/3 Bagels Strawberry Creamy Cheese (41g)
8/6 Beef Sausage on Bun (20g) ⓓ	8/7 Cinnamon French Toast (37g)	8/8 Turkey Sausage Breakfast Pizza (31g)	8/9 Maple Waffles (38g)	8/10 Strawberry Pancakes (40g)
8/13 Sweet Potato Swirl Roll (33g)	8/14 Maple Pancakes (39g)	8/15 Mini Cinnis (39g)	8/16 Turkey Sausage Pancake Wrap (17g) ⓓ	8/17 Bagels Strawberry Creamy Cheese (41g)
8/20 Beef Sausage on Bun (20g) ⓓ	8/21 Cinnamon French Toast (37g)	8/22 Turkey Sausage Breakfast Pizza (31g)		
<p>CHOOSE 1 MAIN ENTRÉE OR CHOOSE 2 OF THESE AT BREAKFAST: Assorted Cereal (20-26g) or Graham Cracker (19g) or Yogurt (15g) or Cheese Stick (1g) Orange juice (14g) and apple juice (14g) are offered at breakfast. Fresh fruits and a choice of 1% low fat white milk (13g), or skim chocolate milk (24g) are offered at breakfast/lunch. Vegetables offered daily and legumes weekly at lunch. A complete breakfast and lunch are FREE to every student!!</p>		<p>Grams of carbohydrate for each food are listed as (g). *Sliced wheat bread (12g) offered with entree. <> Meatless entree ⓓ Dairy-free entree Pork, seafood, and nut-containing products are not offered. Menu is subject to change. This institution is an equal opportunity provider. Rev 7/13/2018</p>		
LUNCH				
7/23 NO SCHOOL	7/24 NO SCHOOL	7/25 BBQ Beef Rib on Bun (43g) Turkey Hot Dog on Bun (26g) ⓓ for <u>K-6 ONLY</u> Soy Butter & Grape Jelly Sandwich (55g) <>	7/26 *Walking Taco(27g) Cheesy Bread Sticks (27g) with Marinara Sauce (4g) <> *Turkey Wrap (14-16g) & BBQ sauce (4g) ⓓ	7/27 Hamburger/Bun (20g) ⓓ Veggie Cheese Burger on Bun (40g) <> Soy Butter & Grape Jelly Sandwich (55g) <> Potato Wedges (14g)
7/30 Cheese Pizza (30g) <> Hamburger on Bun (20g) ⓓ *Chicken Fajita and Cheese Wrap (15g) Corn (17g)	7/31 *Cheeseburger Meatloaf/ Bread (20g) Turkey Hot Dog on Bun (26g) ⓓ for <u>K-6 ONLY</u> Sun Butter (14g) & Bagel (26g)<> ⓓ Baked Beans (30g) <>	8/1 *Chicken Drumstick (5g) ⓓ Turkey Sausage & French Toast (39g) Soy Butter & Grape Jelly Sandwich (55g) <>	8/2 Hamburger/Bun (20g) ⓓ Pepperoni Pizza (30g) *Garden Salad with Egg & Cheese (4g) <> Carrot, pea, green bean, lima bean, & corn (9g)	8/3 Chicken Patty on Bun (29g) ⓓ Toasted Cheese Sandwich (24g) <> *Turkey Wrap (14-16g) & BBQ sauce (4g) ⓓ
8/6 *Chicken Nuggets (13g) ⓓ *Garden Salad with Egg & Cheese (4g) <> *Cheddar Bits (0g) & Tortilla Strips (23g) <>	8/7 *Chicken Drumstick (5g) ⓓ Cheese Pizza (30g) <> Sun Butter (14g) & Bagel (26g)<> ⓓ Baked Beans (30g) <>	8/8 BBQ Beef Rib on Bun (43g) Turkey Hot Dog on Bun (26g) ⓓ for <u>K-6 ONLY</u> Soy Butter & Grape Jelly Sandwich (55g) <>	8/9* Walking Taco (27g) Cheesy Bread Sticks (27g) with Marinara Sauce (4g) <> *Turkey Wrap (14-16g) & BBQ sauce (4g) ⓓ	8/10 Hamburger/Bun (20g) ⓓ Veggie Cheese Burger on Bun (40g) <> Soy Butter & Jelly Sandwich (55g) <> Potato Wedges (14g)
8/13 Cheese Pizza (30g) <> Hamburger on Bun (20g) ⓓ *Chicken Fajita and Cheese Wrap (15g) Corn (17g)	8/14 *Cheeseburger Meatloaf/ Bread (20g) Turkey Hot Dog on Bun (26g) ⓓ for <u>K-6 ONLY</u> Sun Butter (14g) & Bagel (26g)<> ⓓ Baked Beans (30g) <>	8/15 *Chicken Drumstick (5g) ⓓ Turkey Sausage & French Toast (39g) Soy Butter & Grape Jelly Sandwich (55g) <>	8/16 Hamburger/Bun (20g) ⓓ Pepperoni Pizza (30g) *Garden Salad with Egg & Cheese (4g) <> Carrot, pea, green bean, lima bean, & corn (9g)	8/17 Chicken Patty on Bun (29g) ⓓ Toasted Cheese Sandwich (24g) <> *Turkey Wrap (14-16g) & BBQ sauce (4g) ⓓ
8/20*Chicken Nuggets (13g) ⓓ *Garden Salad with Egg & Cheese (4g) <> *Cheddar Bits (0g) & Tortilla Strips (23g) <>	8/21*Chicken Drumstick (5g) ⓓ Cheese Pizza (30g) <> Sun Butter (14g) & Bagel (26g)<> ⓓ Baked Beans (30g) <>	8/22 BBQ Beef Rib on Bun (43g) Turkey Hot Dog on Bun (26g) ⓓ for <u>K-6 ONLY</u> Soy Butter & Grape Jelly Sandwich (55g) <>		

