

AUGUST 2023

K-8 Lunch & Breakfast Menu

Additional Entree Choices

Monthly Entrée
Cheese Pinwheel w/
Marinara Sauce

Grab & Go:

- Elementary:**
BBQ Chicken Bites,
Sunflower Seeds,
Crackers, Veggie
Juice, Raisins
- Middle School:**
Spicy Chicken
Salad w/ Pretzels

CHOW OPTIONS

Grades 7 & 8 only

- 7/31 - Cheeseburger
- 8/7 - Italian Sub
- 8/14 - Pretzel
Wrapped Hot Dog
- 8/21 - Spicy Chicken
Sandwich
- 8/28 - BBQ Rib
Sandwich

Application for Free School Meals

SCAN



Monday

- 31
Chicken Nuggets
Smiley Potatoes
Cherry Applesauce
ABC Grahams

- 7 **Breakfast for Lunch**
Chocolate Chip
Waffle
Sausage Links
Hash Brown Rounds
Baked Cinnamon Apples

- 14 **NEW**
Chicken Tenders
Garlic Knot
Steamed Baby
Carrots
Fresh Orange
Wedges

- 21
Triple Cheese
Spiral Macaroni
Cheese Crackers
Sunshine Carrots
Fruit Cocktail

- 28
Chicken & Buttery
Maple Waffle
Cheesy Green Beans
Raisins

Tuesday

- 1
Beef Taquito
Bean Dip
Salsa Cup
Applesauce Cup

- 8
Beef & Cheese
Tostada
Apple Churro
Refried Beans
Fresh Nectarine

- 15
Beefy Nachos
Refried Beans
Applesauce Cup

- 22
Beef & Bean Chili
Cornbread
Romaine Salad
Fresh Orange
Wedges

- 29
BBQ Rib Sandwich
Baked Beans
Diced Mango Cup

Wednesday

- 2 **Pizza Wednesday**
Personal Pan
Cheese Pizza
Romaine Salad
Fresh Strawberries

- 9 **Pizza Wednesday**
Personal Pan
Cheese Pizza
Romaine Salad
Assorted Fruit

- 16 **Pizza Wednesday**
Personal Pan
Cheese Pizza
Romaine Salad
Fresh Cantaloupe

- 23 **Pizza Wednesday**
Personal Pan
Cheese Pizza
Cucumber Slices
Assorted Fresh Fruit

- 30 **Pizza Wednesday**
Personal Pan
Cheese Pizza
Romaine Salad
Chilled Peaches

Thursday

- 3
Orange Chicken
Brown Rice
Steamed California
Blend Vegetables
Pineapple Chunks

- 10
Macaroni & Cheese
Chocolate Grahams
Roasted Cauliflower
Fresh Watermelon

- 17 **NEW**
Turkey Meatballs in
Asian Sauce with
Brown Rice
Green Beans
Chilled Peaches

- 24 **National Waffle Day!**
Blueberry Waffle
Sausage Links
Baked Beans
Baked Cinnamon Apples

- 31 **NEW**
Teriyaki Chicken
w/ Fried Rice
Steamed Baby
Carrots
Assorted Fresh
Fruits

Friday

- 4
Cheeseburger
Carrot & Red Pepper
Sticks in Ranch Dip
Chilled Peaches
**Fresh Baked Chocolate
Chip Cookie**

- 11
Popcorn Chicken
Sweet Potato Fries
Raisins
**Food & Nutrition
Educational Snack**

- 18
All Beef
Hot Dog
Tater Tots
Frozen Fruit Slush

- 25 **NEW**
BBQ Chicken
Drumstick
Texas Toast
Cheesy Mashed Potatoes
Corn on the Cob
Pineapple Chunks

MEAL PRICES

Breakfast:
\$1.50 paid, \$.00 reduced

Lunch:
\$2.95 paid, \$.00 reduced

Breakfast



An assortment of site-based favorites are offered daily, including cereal, oatmeal choc. chip bars, bagel w/ cream cheese, plus these monthly features.

- Strawberry Yogurt Parfait with Mini Banana Muffin

Meals also include assorted fruit, juice & milk

FRESH SIDES



Fresh baby carrots and garden side salads are offered daily in addition to the featured daily vegetable.

MILK



Local fat-free and 1% white or non-fat chocolate milk available daily