

Breakfast Menu

August 2016

 Indicates Warm Breakfast



Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Mini Loaf String Cheese <i>Fruit Milk</i></p>	<p>2</p> <p>English Muffin Egg & Cheese Sandwich <i>100% Fruit Juice Milk</i></p> <p></p>	<p>3</p> <p>Whole Grain Bagel <i>Cream Cheese Fruit Milk</i></p>	<p>4</p> <p>Whole Grain Cereal <i>Whole Grain Bites Fruit Milk</i></p>	<p>5</p> <p>Cheese Tamales <i>Fruit Milk</i></p> <p></p>
<p>8</p> <p>French Toast Sticks <i>Fruit Milk</i></p> <p></p>	<p>9</p> <p>Breakfast Cheese Tamale <i>100% Fruit Juice Milk</i></p> <p></p>	<p>10</p> <p>Coffee Cake <i>Fruit Milk</i></p>	<p>11</p> <p>Apple Jacks Cereal <i>Whole Grain Bites Fruit Milk</i></p>	<p>12</p> <p>Bean & Cheese Burrito <i>Hot Sauce Fruit Milk</i></p> <p></p>
<p>15</p> <p>Yogurt Proball <i>Fruit Milk</i></p>	<p>16</p> <p>Chicken Sausage Maple Biscuit <i>Strawberry Jelly Vegetarian: Waffle</i> <i>100% Fruit Juice Milk</i></p> <p></p>	<p>17</p> <p>Pan Dulce <i>Fruit Milk</i></p>	<p>18</p> <p>Golden Grahams <i>Whole Grain Bites Fruit Milk</i></p>	<p>19</p> <p>Mini Banana Pancakes <i>Fruit Milk</i></p> <p></p>
<p>22</p> <p>Banana Bread <i>Fruit Milk</i></p>	<p>23</p> <p>Chicken & Waffle <i>Syrup Vegetarian: Waffle</i> <i>100% Fruit Juice Milk</i></p> <p></p>	<p>24</p> <p>Whole Grain Bagel <i>Cream Cheese Fruit Milk</i></p>	<p>25</p> <p>Cinnamon Toast Crunch Cereal <i>Whole Grain Bites Fruit Milk</i></p>	<p>26</p> <p>Breakfast Cheese Tamale <i>Fruit Milk</i></p> <p></p>
<p>29</p> <p>Coffee Cake <i>Fruit Milk</i></p>	<p>30</p> <p>Green Chile Potato Burrito <i>100% Fruit Juice Milk</i></p> <p></p>	<p>31</p> <p>Muffin <i>Fruit Milk</i></p>	<p>1 September</p> <p>Frosted Flakes Cereal <i>Whole Grain Bites Fruit Milk</i></p>	<p>2</p> <p>Blueberry Waffle <i>Fruit Milk</i></p>

MENU SUBJECT TO CHANGE WITHOUT NOTICE

Breakfast includes one entrée, fruit, and fat free white milk or 1% white milk.

This institution is an equal opportunity provider.

R7.14.16



Lunch Menu K-8

August 2016



Monday	Tuesday	Wednesday	Thursday	Friday
1 Chicken Strips <i>Oven Baked Fries</i> <i>Dessert</i> <i>100% Fruit Juice</i> <i>Milk</i>	2 Orange Chicken <i>Brown Rice</i> <i>Steamed Broccoli</i> <i>Fruit</i> <i>Milk</i>	3 BBQ Beef Sandwich <i>Veggie Dippers w/ Ranch</i> <i>Fruit</i> <i>Milk</i>	4 Cheese Tamale <i>Refried Beans</i> <i>Fruit</i> <i>Milk</i>	5 Cheese Calzone <i>Carrots w/ Tajin</i> <i>100% Fruit Juice</i> <i>Milk</i>
8 Pick Up Stix <i>Brown Rice</i> <i>Steamed Broccoli & Carrots</i> <i>100% Fruit Juice</i> <i>Milk</i>	9 Breaded Chicken Patty Burger <i>Oven Baked Fries</i> <i>Fruit</i> <i>Milk</i>	10 Orange Chicken <i>Noodles</i> <i>Steamed Broccoli</i> <i>Fruit</i> <i>Milk</i>	11 Ground Turkey, Bean & Cheese Nachos <i>Tortilla Chips</i> <i>Fruit</i> <i>Milk</i>	12 Cheese Ravioli <i>Marinara Sauce</i> <i>100% Fruit Juice</i> <i>Milk</i>
15 Cheese Tamales <i>Mixed Vegetables</i> <i>100% Fruit Juice</i> <i>Milk</i>	16 Chicken Nuggets <i>Mashed Potatoes</i> <i>Whole Grain Chips</i> <i>Fruit</i> <i>Milk</i>	17 Bean & Cheese Burrito <i>Fresh Salsa</i> <i>Fruit</i> <i>Milk</i>	18 Teriyaki Chicken <i>Brown Rice</i> <i>Steamed Broccoli</i> <i>Fruit</i> <i>Milk</i>	19 Meaty Tomato Macaroni <i>100% Fruit Juice</i> <i>Milk</i>
22 Cheeseburger <i>Oven Baked Fries</i> <i>100% Fruit Juice</i> <i>Milk</i>	23 General Tso's Chicken <i>Brown Rice</i> <i>Steamed Broccoli</i> <i>Fruit</i> <i>Milk</i>	24 Chicken Fajitas <i>Refried Beans</i> <i>Tortilla Chips</i> <i>Fruit</i> <i>Milk</i>	25 Shredded Beef & Potato Burrito <i>Hot Sauce</i> <i>Fruit</i> <i>Milk</i>	26 Chicken Parmesan Sandwich <i>Streamed Carrots</i> <i>100% Fruit Juice</i> <i>Milk</i>
29 Chicken Tamales <i>Mixed Vegetables</i> <i>100% Fruit Juice</i> <i>Milk</i>	30 Beef Meatball Sandwich <i>Seasoned Carrots</i> <i>Hoagie Roll</i> <i>Fruit</i> <i>Milk</i>	31 Beef & Beans Chili <i>Tortilla Chips</i> <i>Fruit</i> <i>Milk</i>	Chicken Enchiladas <i>Seasoned Corn</i> <i>Fruit</i> <i>Milk</i>	Mongolian Beef <i>Noodles</i> <i>Steamed Broccoli</i> <i>100% Fruit Juice</i> <i>Milk</i>

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Lunch includes one entrée, vegetable, 1/2 cup fruit serving, and fat free white milk or 1% white milk.



Vegetarian Lunch Menu

August 2016



Monday	Tuesday	Wednesday	Thursday	Friday
1 Plant-based BBQ "Chicken" Sandwich Baby Carrots w/ Ranch 100% Fruit Juice Milk	2 Plant-based "Chicken" Fajitas Refried Beans Whole Grain Chips Fruit Milk	3 Vegetable Hot Dog Oven Baked Fries Fruit Milk	4 Plant-based Teriyaki "Chicken" Brown Rice Steamed Broccoli Fruit Milk	5 Pea Protein "Beefy" Tomato Macaroni 100% Fruit Juice Milk
8 Plant-based "Chicken" Chile Verde Brown Rice Mixed Vegetables 100% Fruit Juice Milk	9 Vegetable Burger Oven Baked Fries Fruit Milk	10 Plant-based Orange "Chicken" Noodles Steamed Broccoli Fruit Milk	11 Pea Protein "Beef" & Bean Nachos Tortilla Chips Sliced Cucumber w/ Tajin Fruit Milk	12 Spaghetti Pea Protein "Meat" Sauce Steamed Carrots 100% Fruit Juice Milk
15 Plant-based BBQ "Chicken" Sandwich Baby Carrots w/ Ranch 100% Fruit Juice Milk	16 Plant-based "Chicken" Fajitas Refried Beans Whole Grain Chips Fruit Milk	17 Vegetable Hot Dog Oven Baked Fries Fruit Milk	18 Plant-based Teriyaki "Chicken" Brown Rice Steamed Broccoli Fruit Milk	19 Pea Protein "Beefy" Tomato Macaroni 100% Fruit Juice Milk
22 Plant-based "Chicken" Chile Verde Brown Rice Mixed Vegetables 100% Fruit Juice Milk	23 Vegetable Burger Oven Baked Fries Fruit Milk	24 Plant-based Orange "Chicken" Noodles Steamed Broccoli Fruit Milk	25 Pea Protein "Beef" Bean Nachos Tortilla Chips Sliced Cucumber w/ Tajin Fruit Milk	26 Spaghetti Pea Protein "Meat" Sauce Steamed Carrots 100% Fruit Juice Milk
29 Plant-based BBQ "Chicken" Sandwich Baby Carrots w/ Ranch 100% Fruit Juice Milk	30 Plant-based "Chicken" Fajitas Refried Beans Whole Grain Chips Fruit Milk	31 Vegetable Hot Dog Oven Baked Fries Fruit Milk	Plant-based Teriyaki "Chicken" Brown Rice Steamed Broccoli Fruit Milk	Pea Protein "Beefy" Tomato Macaroni 100% Fruit Juice Milk

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Lunch includes one entrée, vegetable, 1/2 cup fruit serving, and fat free white milk or 1% white milk.



Sandwich/Sack Lunch Menu K-8



August 2016

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
8	9	10	11	12
<p>Green Chile Chicken Salad on Sliced Bread <i>Baby Carrots w/ Ranch</i> 100% Fruit Juice Milk</p>	<p>Turkey & Provolone Cheese on Multi-Grain Roll <i>Cold Corn w/ Tajin</i> Fruit Milk</p>	<p>Mexican Chicken Salad Tortilla Chips <i>(Available in a sandwich for field trips)</i> Fruit Milk</p>	<p>Chicken & Provolone Cheese on Sliced Bread <i>Edamame w/ Ranch</i> Fruit Milk</p>	<p>Egg Salad Sandwich on Sliced Bread <i>Cucumber w/ Tajin</i> 100% Fruit Juice Milk</p>
15	16	17	18	19
<p>Deli Chicken & Cheese on Multi-Grain Roll <i>Baby Carrots w/ Ranch</i> 100% Fruit Juice Milk</p>	<p>Turkey & Cheddar Cheese on Sliced Bread <i>Cold Corn w/ Tajin</i> Fruit Milk</p>	<p>Tuna Salad Sandwich on Sliced Bread <i>Edamame w/ Ranch</i> Fruit Milk</p>	<p>Turkey Pastrami & Provolone Cheese on French Roll <i>Cucumber w/ Tajin</i> Fruit Milk</p>	<p>Soybutter & Jelly Sandwich on Sliced Bread <i>Baby Carrots w/ Ranch</i> 100% Fruit Juice Milk</p>
22	23	24	25	26
<p>Green Chile Chicken Salad on Sliced Bread <i>Cold Corn w/ Tajin</i> 100% Fruit Juice Milk</p>	<p>Turkey & Provolone Cheese on Multi-Grain Roll <i>Celery Sticks w/ Ranch</i> Fruit Milk</p>	<p>Chicken & Provolone Cheese on Sliced Bread <i>Edamame w/ Ranch</i> Fruit Milk</p>	<p>Mexican Chicken Salad Tortilla Chips <i>(Available in a sandwich for field trips)</i> Fruit Milk</p>	<p>Egg Salad Sandwich on Sliced Bread <i>Baby Carrots w/ Ranch</i> 100% Fruit Juice Milk</p>
29	30	31		
<p>Deli Chicken & Cheese on Multi-Grain Roll <i>Baby Tomatoes w/ Ranch</i> 100% Fruit Juice Milk</p>	<p>Turkey & Cheddar Cheese on Sliced Bread <i>Baby Carrots w/ Tajin</i> Fruit Milk</p>	<p>Tuna Salad Sandwich on Sliced Bread <i>Edamame w/ Ranch</i> Fruit Milk</p>	<p>Turkey Pastrami & Provolone Cheese on French Roll <i>Cold Corn w/ Tajin</i> Fruit Milk</p>	<p>Soybutter & Jelly Sandwich on Sliced Bread <i>Cucumber w/ Ranch</i> 100% Fruit Juice Milk</p>

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Sandwich/Sack Lunch includes one entrée, vegetable, 1/2 cup fruit serving, and fat free white milk or 1% white milk.



Sandwich/Sack Lunch Menu K-8



August 2016

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
8	9	10	11	12
<p>Green Chile Chicken Salad on Sliced Bread <i>Baby Carrots w/ Ranch</i> 100% Fruit Juice Milk</p>	<p>Turkey & Provolone Cheese on Multi-Grain Roll <i>Cold Corn w/ Tajin</i> Fruit Milk</p>	<p>Mexican Chicken Salad Tortilla Chips <i>(Available in a sandwich for field trips)</i> Fruit Milk</p>	<p>Chicken & Provolone Cheese on Sliced Bread <i>Edamame w/ Ranch</i> Fruit Milk</p>	<p>Egg Salad Sandwich on Sliced Bread <i>Cucumber w/ Tajin</i> 100% Fruit Juice Milk</p>
15	16	17	18	19
<p>Deli Chicken & Cheese on Multi-Grain Roll <i>Baby Carrots w/ Ranch</i> 100% Fruit Juice Milk</p>	<p>Turkey & Cheddar Cheese on Sliced Bread <i>Cold Corn w/ Tajin</i> Fruit Milk</p>	<p>Tuna Salad Sandwich on Sliced Bread <i>Edamame w/ Ranch</i> Fruit Milk</p>	<p>Turkey Pastrami & Provolone Cheese on French Roll <i>Cucumber w/ Tajin</i> Fruit Milk</p>	<p>Soybutter & Jelly Sandwich on Sliced Bread <i>Baby Carrots w/ Ranch</i> 100% Fruit Juice Milk</p>
22	23	24	25	26
<p>Green Chile Chicken Salad on Sliced Bread <i>Cold Corn w/ Tajin</i> 100% Fruit Juice Milk</p>	<p>Turkey & Provolone Cheese on Multi-Grain Roll <i>Celery Sticks w/ Ranch</i> Fruit Milk</p>	<p>Chicken & Provolone Cheese on Sliced Bread <i>Edamame w/ Ranch</i> Fruit Milk</p>	<p>Mexican Chicken Salad Tortilla Chips <i>(Available in a sandwich for field trips)</i> Fruit Milk</p>	<p>Egg Salad Sandwich on Sliced Bread <i>Baby Carrots w/ Ranch</i> 100% Fruit Juice Milk</p>
29	30	31		
<p>Deli Chicken & Cheese on Multi-Grain Roll <i>Baby Tomatoes w/ Ranch</i> 100% Fruit Juice Milk</p>	<p>Turkey & Cheddar Cheese on Sliced Bread <i>Baby Carrots w/ Tajin</i> Fruit Milk</p>	<p>Tuna Salad Sandwich on Sliced Bread <i>Edamame w/ Ranch</i> Fruit Milk</p>	<p>Turkey Pastrami & Provolone Cheese on French Roll <i>Cold Corn w/ Tajin</i> Fruit Milk</p>	<p>Soybutter & Jelly Sandwich on Sliced Bread <i>Cucumber w/ Ranch</i> 100% Fruit Juice Milk</p>

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Snack Menu

August 2016



Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
8	9	10	11	12
Cinnamon Toast Crisps Fruit (3/4c)	Sunbutter Crackers	Rice Krispie Treat Fruit (3/4c)	Sunflower Seeds & Dried Cranberries Mix 100% Fruit Juice (4oz)	Mini Donut Fruitable Juice (6oz)
15	16	17	18	19
Multi-Grain Bar Fruit (3/4c)	Strawberry Chex Mix 100% Fruit Juice (6oz)	Crustless Sunbutter Sandwich	Mini Bagel w/ Jelly Fruit (3/4c)	Fruit Delight Apple Sauce (1/2c) Veggie Dipper or Fruit (1/4c)
22	23	24	25	26
Sunflower Seeds & Dried Cranberries Mix 100% Fruit Juice (4oz)	Mini Coffee Cake Fruit (3/4c)	Baked Chips Fruitables Juice (6oz)	Mini Loaf Fruit (3/4c)	Chocolate Soy Spread Crackers
29	30	31	1	2
Cheddar Cheese Cup Crackers	Multi-Grain Bar Fruit (3/4c)	Proball 100% Fruit Juice		

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Snack includes 2 items: grain, fruit, protein or milk.



Supper Menu

August 2016



Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
8 Crustless Sunbutter & Jelly Sandwich (1 MA, 1.5 G/B) String Cheese (1 MA) Fruitable Juice (4oz) Fruit (1/2 c) Milk	9 Tuna Salad Sandwich on Sliced Bread (2 G/B, 2 MA) Cucumber Slices w/ Tajin (1/4 c) Fruit (1/2 c) Milk	10 <i>Breakfast for Supper:</i> Yogurt (1 MA) Crackers (1 G/B) Soybutter Spread (1 MA) Fruitable Juice (4oz) Milk	11 Chicken Taco Salad (2 M, 1 c Veg) Pinto Beans (1/4 c) Baked Chips (1 G/B) Milk	12 Chicken Bites (1 G/B, 2 M) Mashed Potatoes (1/2 c) Apple Slices (1/2 c) Milk
15 Mexican Chicken Salad (2 M, 1/2 c Veg) Whole Grain Chips (2 G/B) Fruit (1/2 c) Milk	16 Turkey & Provolone Cheese on Multi-Grain Roll (2 M/MA, 2 G/B, 1/4 c Veg) Fruit (1/2 c) Milk	17 Chicken Caesar Wrap (2 G/B, 2 M, 1/4 c Veg) Fruitables Juice (4oz) Milk	18 Soybutter & Jelly Sandwich on Sliced Bread (2 G/B, 2 MA) Cucumber Slices w/ Tajin (1/4 c) Apple Sauce (1/2 c) Milk	19 Meatball Sandwich (2 M, 1/2 c Veg) Hoagie Roll (2 G/B) Cucumber Slices w/ Tajin (1/4 c) Milk
22 Egg Salad Sandwich on Sliced Bread (2 G/B, 2 MA) Baby Carrots w/ Ranch (1/4 c) Fruit (1/2 c) Milk	23 Tuna Salad (2 MA) Leafy Greens (1 c Veg) Baked Chips (1 G/B) Fruit (1/2 c) Milk	24 Turkey Pastrami & Cheese Sandwich on French Roll (2 G/B, 2 M, 1/4 c Veg) Fruit (1/2 c) Milk	25 <i>Breakfast for Supper:</i> Muffin (1 G/B) Sunflower Seeds & Dried Cranberries Mix (1 MA, 1/2 c F) String Cheese (1 MA) Fruitable Juice (4oz) Milk	26 Chicken Tamale (2 M/MA, 2 G/B) Mixed Vegetables (1/2 c) Fruit (1/2 c) Milk
29 Mexican Chicken Salad (2 M, 1/2 c Veg) Whole Grain Chips (2 G/B) Fruit (1/2 c) Milk	30 Crustless Sunbutter & Jelly Sandwich (1 MA, 1.5 G/B) String Cheese (1 MA) Fruitable Juice (4oz) Fruit (1/2 c) Milk	31 Asian Chicken Wrap (2 G/B, 2 M/MA, 1/4 c Veg) Fruit Shot (1/2 c) Milk	1 Hummus Plate (2 MA) Carrots, Celery & Jicama Sticks (1 c Veg) Whole Grain Pita (1 G/B) Milk	2 Cheese Tamale (2 M/MA, 2 G/B) Mixed Vegetables (1/2 c) Fruit (1/2 c) Milk

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