



# 2023 Pre-K August/September Breakfast Menu

21-Aug	22-Aug	23-Aug	24-Aug	25-Aug
Beef Sausage & Cheese Sandwich Apple Sauce Skim or 1% Fat Milk	Assorted Cereal Bar Banana Skim or 1% Fat Milk	Apple Cinnamon Muffin Orange Juice Skim or 1% Fat Milk	Pizza Bagel Mango Cup Skim or 1% Fat Milk	WG Pop Tarts Pineapple Cup Skim or 1% Fat Milk
28-Aug	29-Aug	30-Aug	31-Aug	1-Sep
Assorted Cereal Bowls Apple Sauce Skim or 1% Fat Milk	Sausage Pancake Stick Banana Skim or 1% Fat Milk	Bagel & Cream Cheese Orange Juice Skim or 1% Fat Milk	Beef Sausage & Cheese Sandwich Mango Cup Skim or 1% Fat Milk	WG Banana Bread Pineapple Cup Skim or 1% Fat Milk
4-Sep	5-Sep	6-Sep	7-Sep	8-Sep
<b>Holiday</b>	French Toast Mini Orange Juice Skim or 1% Fat Milk	Pizza Bagel Banana Skim or 1% Fat Milk	Assorted WG Muffins Mango Cup Skim or 1% Fat Milk	Beef Sausage & Cheese Sandwich Pineapple Cup Skim or 1% Fat Milk
11-Sep	12-Sep	13-Sep	14-Sep	15-Sep
WG Banana Bread Fruit Cup Skim or 1% Fat Milk	Sausage Pancake Stick Banana Skim or 1% Fat Milk	Maple Waffles Orange Juice Skim or 1% Fat Milk	Chicken Biscuit Sandwich Mango Cup Skim or 1% Fat Milk	Assorted Cereal Bar Pineapple Cup Skim or 1% Fat Milk
18-Sep	19-Sep	20-Sep	21-Sep	22-Sep
Beef Sausage & Cheese Sandwich Fruit Cup Skim or 1% Fat Milk	Assorted Cereal Bar Banana Skim or 1% Fat Milk	French Toast Mini Orange Juice Skim or 1% Fat Milk	Pizza Bagel Mango Cup Skim or 1% Fat Milk	WG Pop Tarts Fresh Pear Skim or 1% Fat Milk
25-Sep	26-Sep	27-Sep	28-Sep	29-Sep
Assorted Cereal Bowls Fruit Cup Skim or 1% Fat Milk	Sausage Pancake Stick Banana Skim or 1% Fat Milk	Maple Waffles Orange Juice Skim or 1% Fat Milk	Chicken Biscuit Sandwich Mango Cup Skim or 1% Fat Milk	WG Banana Bread Fresh Pear Skim or 1% Fat Milk

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# 2023 K - 8 August/September Breakfast Menu

21-Aug	22-Aug	23-Aug	24-Aug	25-Aug
Beef Sausage & Cheese Sandwich Apple Sauce Craisins Skim or 1% Fat Milk	Sausage Pancake Stick Banana Pear Cup Skim or 1% Fat Milk	Blueberry Muffin Orange Juice Fresh Apple Skim or 1% Fat Milk	Pizza Bagel Mango Cup Fresh Orange Skim or 1% Fat Milk	WG Pop Tarts Pineapple Cup Fresh Pear Skim or 1% Fat Milk
28-Aug	29-Aug	30-Aug	31-Aug	1-Sep
Assorted Cereal Bowls Fruit Cup Craisins Skim or 1% Fat Milk	Sausage Pancake Stick Banana Applesauce Skim or 1% Fat Milk	Bagel & Cream Cheese Orange Juice Fresh Apple Skim or 1% Fat Milk	Beef Sausage & Cheese Sandwich Mango Cup Fresh Orange Skim or 1% Fat Milk	WG Banana Bread Pineapple Cup Fresh Pear Skim or 1% Fat Milk
4-Sep	5-Sep	6-Sep	7-Sep	8-Sep
<b>Holiday</b>	Strawberry Bagel Cream Cheese Minis Banana Grape Juice Skim or 1% Fat Milk	Pizza Bagel Orange Juice Fresh Apple Skim or 1% Fat Milk	Assorted WG Muffins Mango Cup Fresh Orange Skim or 1% Fat Milk	Beef Sausage & Cheese Sandwich Pineapple Cup Fresh Pear Skim or 1% Fat Milk
11-Sep	12-Sep	13-Sep	14-Sep	15-Sep
WG Bagel & Cream Cheese Fruit Cup Grape Juice Skim or 1% Fat Milk	Sausage Pancake Stick Banana Applesauce Skim or 1% Fat Milk	Maple Waffles Pear Cup Fresh Apple Skim or 1% Fat Milk	Chicken Biscuit Sandwich Mango Cup Fresh Orange Skim or 1% Fat Milk	Assorted Cereal Bar & Yogurt Pineapple Cup Fresh Pear Skim or 1% Fat Milk
18-Sep	19-Sep	20-Sep	21-Sep	22-Sep
Sausage & Egg Biscuit Sandwich Apple Sauce Craisins Skim or 1% Fat Milk	Strawberry Bagel Cream Cheese Minis Banana Pear Cup Skim or 1% Fat Milk	French Toast Mini Orange Juice Fresh Apple Skim or 1% Fat Milk	Pizza Bagel Mango Cup Fresh Orange Skim or 1% Fat Milk	WG Pop Tarts Pineapple Cup Fresh Pear Skim or 1% Fat Milk
25-Sep	26-Sep	27-Sep	28-Sep	29-Sep
Assorted Cereal Bowls Fruit Cup Craisins Skim or 1% Fat Milk	Sausage Pancake Stick Banana Applesauce Skim or 1% Fat Milk	Maple Waffles Orange Juice Fresh Apple Skim or 1% Fat Milk	Chicken Biscuit Sandwich Mango Cup Fresh Orange Skim or 1% Fat Milk	WG Banana Bread Pineapple Cup Fresh Pear Skim or 1% Fat Milk

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# 2023 HS August/September Breakfast Menu

21-Aug	22-Aug	23-Aug	24-Aug	25-Aug
Assorted Cereal Bowls	Assorted Cereal Bars & Yogurt	Assorted Cereal Bars & Yogurt	Assorted Cereal Bars & Yogurt	Assorted Cereal Bars & Yogurt
Sausage Pancake Stick	Scramble Egg Patty w/Biscuit	French Toast Sticks	Sausage or Bacon Breakfast Sandwich	Chicken & Waffles
Apple Sauce	Banana	Orange Juice	Pineapple Cup	Mango Cup
Craisins	Pear Cup	Fresh Apple	Fresh Pear	Fresh Orange
Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk
28-Aug	29-Aug	30-Aug	31-Aug	1-Sep
Assorted Cereal Bowls	Assorted Cereal Bars & Yogurt	Assorted Cereal Bars & Yogurt	Assorted Cereal Bars & Yogurt	Assorted Cereal Bars & Yogurt
Pizza Bagel	Sausage Pancake Stick	Maple Waffles	Scramble Egg Bowl	WG Banana Bread
Apple Sauce	Banana	Orange Juice	Mango Cup	Pineapple Cup
Craisins	Pear Cup	Fresh Apple	Fresh Apple	Fresh Pear
Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk
4-Sep	5-Sep	6-Sep	7-Sep	8-Sep
<b>Holiday</b>	Assorted Cereal Bars & Yogurt	Assorted Cereal Bars & Yogurt	Assorted Cereal Bars & Yogurt	Assorted Cereal Bars & Yogurt
	Chicken Biscuit Sandwich	Scramble Egg Patty w/Biscuit	French Toast Sticks	Assorted WG Muffins
	Banana	Orange Juice	Mango Cup	Pineapple Cup
	Pear Cup	Fresh Apple	Fresh Orange	Fresh Pear
	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk
11-Sep	12-Sep	13-Sep	14-Sep	15-Sep
Assorted Cereal Bowls	Assorted Cereal Bars & Yogurt	Assorted Cereal Bars & Yogurt	Assorted Cereal Bars & Yogurt	Assorted Cereal Bars & Yogurt
WG Bagel & Cream Cheese	Sausage Pancake Stick	Southwestern Omelet Bowl	Sausage or Bacon Breakfast Sandwich	WG Pop Tarts
Fruit Cup	Banana	Pear Cup	Mango Cup	Pineapple Cup
Grape Juice	Applesauce	Fresh Apple	Fresh Orange	Fresh Pear
Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk
18-Sep	19-Sep	20-Sep	21-Sep	22-Sep
Assorted Cereal Bowls	Assorted Cereal Bars & Yogurt	Assorted Cereal Bars & Yogurt	Assorted Cereal Bars & Yogurt	Assorted Cereal Bars & Yogurt
Strawberry Bagel Cream Cheese Minis	Scramble Egg Patty w/Biscuit	French Toast Sticks	Sausage or Bacon Breakfast Sandwich	Chicken Biscuit Sandwich
Apple Sauce	Banana	Orange Juice	Pineapple Cup	Mango Cup
Craisins	Pear Cup	Fresh Apple	Fresh Pear	Fresh Orange
Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk
25-Sep	26-Sep	27-Sep	28-Sep	29-Sep
Assorted Cereal Bowls	Assorted Cereal Bars & Yogurt	Assorted Cereal Bars & Yogurt	Assorted Cereal Bars & Yogurt	Assorted Cereal Bars & Yogurt
Pizza Bagel	Sausage Pancake Stick	Maple Waffles	Scramble Egg Bowl	WG Banana Bread
Apple Sauce	Banana	Orange Juice	Mango Cup	Pineapple Cup
Craisins	Pear Cup	Fresh Apple	Fresh Apple	Fresh Pear
Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk

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# 2023 Pre-K August/September Lunch Menu

21-Aug	Taco Tuesday 22-Aug	23-Aug	24-Aug	1/2 day 25-Aug
Chicken Nuggets w/Dinner Roll Onion Rings Diced Pears Skim or 1% Fat Milk	Beef Taco w/Cheese, Lettuce & Tomatoes Rice & Beans Orange Wedges Skim or 1% Fat Milk	Grilled Cheese Sandwich Seasoned Corn Plums Skim or 1% Fat Milk	BBQ Beef Rib Sandwich Collard Greens Banana Skim or 1% Fat Milk	Cheese Pizza Sweet Potato Fries Apple Sauce Skim or 1% Fat Milk
28-Aug	Taco Tuesday 29-Aug	30-Aug	31-Aug	1/2 day 1-Sep
Spaghetti w/Meatballs Seasoned Broccoli Fruit Punch Skim or 1% Fat Milk	Chicken Taco w/Cheese, Lettuce & Tomatoes Black Bean & Corn Salsa Orange Wedges Skim or 1% Fat Milk	Breaded Cheese Sticks w/Marinara Sauce Seasoned Carrots Plums Skim or 1% Fat Milk	Cheeseburger on WG Bun Crispy French Fries Banana Skim or 1% Fat Milk	Pepperoni Pizza Cole Slaw Apple Sauce Skim or 1% Fat Milk
4-Sep	Taco Tuesday 5-Sep	6-Sep	7-Sep	1/2 day 8-Sep
<b>Holiday</b>	Beef Taco w/Cheese, Lettuce & Tomatoes Rice & Beans Orange Wedges Skim or 1% Fat Milk	Chicken Drumstick w/Dinner Roll Parmesan Potatoes Plums Skim or 1% Fat Milk	Hot Dog on Bun Baby Carrots w/Dipping Sauce Banana Skim or 1% Fat Milk	Cheese Pizza Celery Sticks w/Dipping Sauce Apple Sauce Skim or 1% Fat Milk
11-Sep	Taco Tuesday 12-Sep	13-Sep	14-Sep	1/2 day 15-Sep
Meatball Sub w/Marinara Sauce Crispy French Fries Fruit Punch Skim or 1% Fat Milk	Chicken Taco w/Cheese, Lettuce & Tomatoes Black Bean & Corn Salsa Orange Wedges Skim or 1% Fat Milk	Breaded Cheese Sticks w/Marinara Sauce Seasoned Collard Greens Fruit Cup Skim or 1% Fat Milk	Crispy Chicken Sandwich w/Lettuce & Tomatoes Coleslaw Banana Skim or 1% Fat Milk	Pepperoni Pizza Sweet Potato Tots Apple Sauce Skim or 1% Fat Milk
18-Sep	Taco Tuesday 19-Sep	20-Sep	21-Sep	1/2 day 22-Sep
Chicken Nuggets w/Dinner Roll Onion Rings Diced Pears Skim or 1% Fat Milk	Beef Taco w/Cheese, Lettuce & Tomatoes Rice & Beans Orange Wedges Skim or 1% Fat Milk	Grilled Cheese Sandwich Seasoned Corn Plums Skim or 1% Fat Milk	BBQ Beef Rib Sandwich Collard Greens Banana Skim or 1% Fat Milk	Cheese Pizza Sweet Potato Fries Apple Sauce Skim or 1% Fat Milk
25-Sep	Taco Tuesday 26-Sep	27-Sep	28-Sep	1/2 day 29-Sep
Spaghetti w/Meatballs Seasoned Broccoli Fruit Punch Skim or 1% Fat Milk	Chicken Taco w/Cheese, Lettuce & Tomatoes Black Bean & Corn Salsa Orange Wedges Skim or 1% Fat Milk	Breaded Cheese Sticks w/Marinara Sauce Seasoned Carrots Plums Skim or 1% Fat Milk	Cheeseburger on WG Bun Vegetarian Beans Banana Skim or 1% Fat Milk	Pepperoni Pizza Cole Slaw Apple Sauce Skim or 1% Fat Milk

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## 2023 K - 5 August/September Lunch Menu

21-Aug Chicken Nuggets Onion Rings Cucumber & Tomato Cup Fruit Punch Skim or 1% Fat Milk	Taco Tuesday 22-Aug Beef Taco w/Cheese, Lettuce & Tomatoes Rice & Beans Orange Wedges Skim or 1% Fat Milk	23-Aug Grilled Cheese Sandwich Tomato Soup Seasoned Corn Plums Skim or 1% Fat Milk	24-Aug BBQ Beef Rib Sandwich Seasoned Collard Greens Tater Tots Banana Skim or 1% Fat Milk	1/2 day 25-Aug Cheese Pizza Celery Sticks w/Dipping Sauce Sweet Potato Fries Apple Sauce Skim or 1% Fat Milk
28-Aug Spaghetti w/Meatballs Cucumber & Tomato Cup Seasoned Broccoli Fruit Punch Skim or 1% Fat Milk	Taco Tuesday 29-Aug Chicken Taco w/Cheese, Lettuce, Tomatoes & Salsa Black Bean & Corn Salsa Orange Wedges Skim or 1% Fat Milk	30-Aug Breaded Cheese Sticks w/Marinara Sauce Seasoned Carrots Plums Skim or 1% Fat Milk	31-Aug Cheese Burger w/Lettuce & Tomatoes Crispy French Fries Banana Skim or 1% Fat Milk	1/2 day 1-Sep Pepperoni Pizza Cole Slaw Lettuce & Tomato Cup Apple Sauce Skim or 1% Fat Milk
4-Sep <b>Holiday</b>	Taco Tuesday 5-Sep Beef Taco w/Cheese, Lettuce & Tomatoes Black Bean & Corn Salsa Orange Wedges Skim or 1% Fat Milk	6-Sep Chicken Drumstick w/Biscuit Parmesan Potatoes Seasoned Corn Plums Skim or 1% Fat Milk	7-Sep Hot Dog on Bun Baby Carrots w/Dipping Sauce Vegetarian Beans Banana Skim or 1% Fat Milk	1/2 day 8-Sep Cheese Pizza Celery Sticks w/Dipping Sauce Sweet Potato Fries Apple Sauce Skim or 1% Fat Milk
11-Sep Meatball Sub w/Marinara Sauce Cucumber & Tomato Cup Seasoned Broccoli Fruit Punch Skim or 1% Fat Milk	Taco Tuesday 12-Sep Chicken Taco w/Cheese, Lettuce & Tomatoes Black Bean & Corn Salsa Orange Wedges Skim or 1% Fat Milk	13-Sep Sloppy Joe on WG Bun Seasoned Collard Greens Lettuce & Tomato Cup Plums Skim or 1% Fat Milk	14-Sep Crispy Chicken Sandwich w/Lettuce & Tomatoes Crispy French Fries Banana Skim or 1% Fat Milk	1/2 day 15-Sep Pepperoni Pizza Cole Slaw Sweet Potato Tots Apple Sauce Skim or 1% Fat Milk
18-Sep Chicken Nuggets Onion Rings Cucumber & Tomato Cup Diced Pears Skim or 1% Fat Milk	Taco Tuesday 19-Sep Beef Taco w/Cheese, Lettuce & Tomatoes Rice & Beans Orange Wedges Skim or 1% Fat Milk	20-Sep Grilled Cheese Sandwich Tomato Soup Seasoned Corn Plums Skim or 1% Fat Milk	21-Sep BBQ Beef Rib Sandwich Seasoned Collard Greens Tater Tots Banana Skim or 1% Fat Milk	1/2 day 22-Sep Cheese Pizza Celery Sticks w/Dipping Sauce Sweet Potato Fries Apple Sauce Skim or 1% Fat Milk
25-Sep Spaghetti w/Meatballs Cucumber & Tomato Cup Seasoned Broccoli Fruit Punch Skim or 1% Fat Milk	Taco Tuesday 26-Sep Chicken Taco w/Cheese, Lettuce, Tomatoes & Salsa Black Bean & Corn Salsa Orange Wedges Skim or 1% Fat Milk	27-Sep Breaded Cheese Sticks w/Marinara Sauce Seasoned Carrots Plums Skim or 1% Fat Milk	28-Sep Cheese Burger w/Lettuce & Tomatoes Crispy French Fries Banana Skim or 1% Fat Milk	1/2 day 29-Sep Pepperoni Pizza Cole Slaw Lettuce & Tomato Cup Apple Sauce Skim or 1% Fat Milk

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## 2023 Grade 6 - 8 August/September Lunch Menu

21-Aug	Taco Tuesday 22-Aug	23-Aug	24-Aug	25-Aug
Chicken Nuggets w/Dinner Roll Chef Salad w/Teriyaki Beef Bites & Dinner Roll Onion Rings Cucumber & Tomato Cup Diced Pears Skim or 1% Fat Milk	Beef Taco w/Cheese, Lettuce & Tomatoes Chef Taco Salad w/Tortilla Rounds Lettuce & Tomato Cup Rice & Beans Orange Skim or 1% Fat Milk	Tuscan Grilled Cheese Sandwich Chef Salad w/Crispy Chicken w/Dinner Roll Tomato Soup Lettuce & Tomato Cup Plums Skim or 1% Fat Milk	BBQ Beef Rib Sandwich Chef Salad w/ Turkey Ham, Cheese & Pretzel Collard Greens Tater Tots Banana Skim or 1% Fat Milk	<b>1/2 day</b> Cheese Pizza Celery Sticks w/Dipping Sauce Sweet Potato Fries Apple Sauce Skim or 1% Fat Milk
28-Aug	Taco Tuesday 29-Aug	30-Aug	31-Aug	1-Sep
Spaghetti w/Meatballs Chef Salad w/Fajita Chicken Strips w/Biscuit Seasoned Broccoli Fruit Punch Skim or 1% Fat Milk	Chicken Taco w/Cheese, Lettuce & Tomatoes Chef Taco Salad w/Tortilla Rounds Black Bean & Corn Salsa Orange Skim or 1% Fat Milk	Breaded Cheese Sticks w/Marinara Sauce Chef Salad w/Chicken Nuggets w/Biscuit Seasoned Carrots Cucumber & Tomato Cup Plums Skim or 1% Fat Milk	Bacon Cheese Burger w/Lettuce & Tomatoes Chef Salad w/Ham & Cheese w/Dinner Roll Crispy French Fries Vegetarian Beans Banana Skim or 1% Fat Milk	<b>1/2 day</b> Pepperoni Pizza Coleslaw Sweet Potato Tots Apple Sauce Skim or 1% Fat Milk
4-Sep	Taco Tuesday 5-Sep	6-Sep	7-Sep	8-Sep
<b>Holiday</b>	Beef Taco w/Cheese, Lettuce & Tomatoes Chef Taco Salad w/Tortilla Rounds Lettuce & Tomato Cup Rice & Beans Orange Skim or 1% Fat Milk	Chicken Drumstick w/Dinner Roll Chef Salad w/Crispy Chicken w/Dinner Roll Parmesan Potatoes Cucumber & Tomato Cup Plums Skim or 1% Fat Milk	Hot Dog w/Pepper & Onions on Sub Roll Chef Salad w/ Turkey Ham, Cheese & Dinner Roll Baby Carrots w/Dipping Sauce Vegetarian Beans Banana Skim or 1% Fat Milk	<b>1/2 day</b> Buffalo Chicken Pizza Coleslaw Sweet Potato Fries Apple Sauce Skim or 1% Fat Milk
11-Sep	Taco Tuesday 12-Sep	13-Sep	14-Sep	15-Sep
Meatball Sub w/Marinara Sauce Chef Salad w/Chicken Nuggets w/Biscuit Crispy French Fries Baby Carrots w/Dipping Sauce Fruit Punch Skim or 1% Fat Milk	Chicken Taco w/Cheese, Lettuce & Tomatoes Chef Taco Salad w/Tortilla Rounds Black Bean & Corn Salsa Rice & Beans Orange Skim or 1% Fat Milk	Sloppy Joe on WG Bun Chef Salad w/Fajita Chicken Strips w/Biscuit Seasoned Collard Greens Vegetarian Beans Fruit Cup Skim or 1% Fat Milk	Crispy Chicken Sandwich w/Lettuce & Tomatoes Chef Salad w/ Turkey Ham, Cheese & Dinner Roll Coleslaw Seasoned Broccoli Banana Skim or 1% Fat Milk	<b>1/2 day</b> Ranchero Pizza Celery Sticks w/Dipping Sauce Sweet Potato Tots Apple Sauce Skim or 1% Fat Milk
18-Sep	Taco Tuesday 19-Sep	20-Sep	21-Sep	22-Sep
Chicken Nuggets w/Dinner Roll Chef Salad w/Teriyaki Beef Bites & Dinner Roll Onion Rings Cucumber & Tomato Cup Diced Pears Skim or 1% Fat Milk	Beef Taco w/Cheese, Lettuce & Tomatoes Chef Taco Salad w/Tortilla Rounds Lettuce & Tomato Cup Rice & Beans Orange Skim or 1% Fat Milk	Tuscan Grilled Cheese Sandwich Chef Salad w/Crispy Chicken w/Dinner Roll Tomato Soup Lettuce & Tomato Cup Plums Skim or 1% Fat Milk	BBQ Beef Rib Sandwich Chef Salad w/ Turkey Ham, Cheese & Dinner Roll Collard Greens Tater Tots Banana Skim or 1% Fat Milk	<b>1/2 day</b> Cheese Pizza Celery Sticks w/Dipping Sauce Sweet Potato Fries Apple Sauce Skim or 1% Fat Milk
25-Sep	Taco Tuesday 26-Sep	27-Sep	28-Sep	29-Sep
Spaghetti w/Meatballs Chef Salad w/Fajita Chicken Strips w/Biscuit Seasoned Broccoli Fruit Punch Skim or 1% Fat Milk	Chicken Taco w/Cheese, Lettuce & Tomatoes Chef Taco Salad w/Tortilla Rounds Black Bean & Corn Salsa Orange Skim or 1% Fat Milk	Breaded Cheese Sticks w/Marinara Sauce Chef Salad w/Chicken Nuggets w/Biscuit Seasoned Carrots Cucumber & Tomato Cup Plums Skim or 1% Fat Milk	Bacon Cheese Burger w/Lettuce & Tomatoes Chef Salad w/Ham & Cheese w/Dinner Roll Crispy French Fries Vegetarian Beans Banana Skim or 1% Fat Milk	<b>1/2 day</b> Pepperoni Pizza Coleslaw Sweet Potato Tots Apple Sauce Skim or 1% Fat Milk

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## 2023 HS August/September Lunch Menu

21-Aug	Taco Tuesday 22-Aug	23-Aug	24-Aug	25-Aug
Chicken Nuggets w/Biscuit Chef Salad w/Teriyaki Beef Bites & Dinner Roll Seasoned Vegetable Medley Cucumber & Tomato Cup Fruit Punch Fresh Pear Skim or 1% Fat Milk	Beef Taco w/Cheese, Lettuce & Tomatoes Chef Taco Salad w/Tortilla Rounds Black Bean & Corn Salsa Rice & Beans Orange Mango Cup Skim or 1% Fat Milk	Tuscan Grilled Cheese Sandwich Chef Salad w/Crispy Chicken w/Dinner Roll Seasoned Carrots Onion Rings Plums Fresh Peach Skim or 1% Fat Milk	BBQ Beef Rib Sandwich Chef Salad w/ Turkey Ham, Cheese & Pretzel Collard Greens Tater Tots Banana Pear Cup Skim or 1% Fat Milk	<b>1/2 day</b> Pepperoni Pizza Celery Sticks w/Dipping Sauce Sweet Potato Fries Fruit Cup Fresh Apple Skim or 1% Fat Milk
28-Aug	Taco Tuesday 29-Aug	30-Aug	31-Aug	1-Sep
Spaghetti w/Meatballs Chef Salad w/Fajita Chicken Strips w/Biscuit Coleslaw Seasoned Broccoli Pineapple Cup Fresh Pear Skim or 1% Fat Milk	Chicken Taco w/Cheese, Lettuce & Tomatoes Chef Taco Salad w/Tortilla Rounds Black Bean & Corn Salsa Rice & Beans Orange Mango Cup Skim or 1% Fat Milk	Breaded Cheese Sticks w/Marinara Sauce Chef Salad w/Chicken Nuggets w/Biscuit Seasoned Carrots Lettuce & Tomato Cup Plums Fresh Peach Skim or 1% Fat Milk	Bacon Cheese Burger w/Lettuce & Tomatoes Chef Salad w/Ham & Cheese w/Dinner Roll Crispy French Fries Vegetarian Beans Banana Asst. Juice Skim or 1% Fat Milk	<b>1/2 day</b> Ranchero Pizza Celery Sticks w/Dipping Sauce Sweet Potato Tots Fruit Cup Fresh Apple Skim or 1% Fat Milk
4-Sep	Taco Tuesday 5-Sep	6-Sep	7-Sep	8-Sep
<b>Holiday</b>	Beef Taco w/Cheese, Lettuce & Tomatoes Chef Taco Salad w/Tortilla Rounds Black Bean & Corn Salsa Rice & Beans Orange Mango Cup Skim or 1% Fat Milk	Chicken Drumstick w/Dinner Roll Chef Salad w/Crispy Chicken w/Dinner Roll Parmesan Potatoes Cucumber & Tomato Cup Plums Fresh Peach Skim or 1% Fat Milk	Hot Dog w/Pepper & Onions on Sub Roll Chef Salad w/Ham & Cheese w/Dinner Roll Baby Carrots w/Dipping Sauce Vegetarian Beans Banana Pear Cup Skim or 1% Fat Milk	<b>1/2 day</b> Buffalo Chicken Pizza Celery Sticks w/Dipping Sauce Sweet Potato Fries Fruit Cup Fresh Apple Skim or 1% Fat Milk
11-Sep	Taco Tuesday 12-Sep	13-Sep	14-Sep	15-Sep
Meatball Sub w/Marinara Sauce Chef Salad w/Chicken Nuggets w/Biscuit Crispy French Fries Baby Carrots w/Dipping Sauce Pineapple Cup Fresh Pear Skim or 1% Fat Milk	Chicken Taco w/Cheese, Lettuce & Tomatoes Chef Taco Salad w/Tortilla Rounds Black Bean & Corn Salsa Rice & Beans Orange Mango Cup Skim or 1% Fat Milk	Sloppy Joe w/WG Bun Chef Salad w/Fajita Chicken Strips w/Biscuit Seasoned Collard Greens Vegetarian Beans Plums Fresh Peach Skim or 1% Fat Milk	Crispy Chicken Sandwich w/Lettuce & Tomatoes Chef Salad w/Ham & Cheese w/Dinner Roll Coleslaw Seasoned Broccoli Banana Asst. Juice Skim or 1% Fat Milk	<b>1/2 day</b> Cheese Pizza Celery Sticks w/Dipping Sauce Sweet Potato Tots Fruit Cup Fresh Apple Skim or 1% Fat Milk
18-Sep	Taco Tuesday 19-Sep	20-Sep	21-Sep	22-Sep
Chicken Nuggets w/Dinner Roll Chef Salad w/Teriyaki Beef Bites & Dinner Roll Seasoned Carrots Seasoned Broccoli Grape Juice Fruit Cup Skim or 1% Fat Milk	Beef Taco w/Cheese, Lettuce & Tomatoes Chef Taco Salad w/Tortilla Rounds Black Bean & Corn Salsa Rice & Beans Orange Mango Cup Skim or 1% Fat Milk	Tuscan Grilled Cheese Sandwich Chef Salad w/Crispy Chicken w/Dinner Roll Seasoned Carrots Lettuce & Tomato Cup Plums Fresh Peach Skim or 1% Fat Milk	BBQ Beef Rib Sandwich Chef Salad w/ Turkey Ham, Cheese & Dinner Roll Collard Greens Tater Tots Banana Asst. Juice Skim or 1% Fat Milk	<b>1/2 day</b> Pepperoni Pizza Celery Sticks w/Dipping Sauce Sweet Potato Fries Fruit Cup Fresh Apple Skim or 1% Fat Milk
25-Sep	Taco Tuesday 26-Sep	27-Sep	28-Sep	29-Sep
Spaghetti w/Meatballs Chef Salad w/Fajita Chicken Strips w/Biscuit Coleslaw Seasoned Broccoli Fruit Punch Fresh Pear Skim or 1% Fat Milk	Chicken Taco w/Cheese, Lettuce & Tomatoes Chef Taco Salad w/Tortilla Rounds Black Bean & Corn Salsa Rice & Beans Orange Mango Cup Skim or 1% Fat Milk	Breaded Cheese Sticks w/Marinara Sauce Chef Salad w/Chicken Nuggets w/Biscuit Seasoned Carrots Lettuce & Tomato Cup Plums Fresh Peach Skim or 1% Fat Milk	Bacon Cheese Burger w/Lettuce & Tomatoes Chef Salad w/Ham & Cheese w/Dinner Roll Crispy French Fries Vegetarian Beans Banana Asst. Juice Skim or 1% Fat Milk	<b>1/2 day</b> Ranchero Pizza Celery Sticks w/Dipping Sauce Sweet Potato Tots Fruit Cup Fresh Apple Skim or 1% Fat Milk

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# 2023 August/September Supper Menu

21-Aug	22-Aug	23-Aug	24-Aug	25-Aug
Cheese Pizza	Hot Dog	Pasta w/Meatsauce	Cheese Burger w/Lettuce & Tomatoes	Chicken Drumstick w/ Dinner Roll
Crispy Fries	Vegetarian Beans	Seasoned Broccoli	Onion Rings	Baby Carrots w/ Dressing
Fresh Apple	Pineapple Cup	Apple Sauce	Fruit Punch	Fresh Pear
Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk
28-Aug	29-Aug	30-Aug	31-Aug	1-Sep
Pepperoni Pizza	Chicken Nuggets w/ WG Biscuit	Teriyaki Chicken w/Fried Rice	BBQ Chicken Sandwich	Pasta w/ Meatsauce
Crispy Fries	Tater Tots	Seasoned Broccoli	Cesar Salad	Collards
Fresh Apple	Pineapple Cup	Orange	Fruit Punch	Fresh Pear
Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk
4-Sep	5-Sep	6-Sep	7-Sep	8-Sep
<b>Holiday</b>	Beef & Cheese Macaroni Casserole	Pasta w/ Meatsauce	Chicken Drumstick w/ Dinner Roll	Breaded Cheese Sticks w/Marinara Sauce & Dinner Roll
	Celery Sticks w/Dipping Sauce	Seasoned Carrots	Seasoned Broccoli	Baby Carrots w/Dipping Sauce
	Fruit Punch	Pineapple Cup	Apple Juice	Fresh Orange
	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk
11-Sep	12-Sep	13-Sep	14-Sep	15-Sep
Pepperoni Pizza	Chicken Teriyaki w/ Fried Rice	Cheese Burger w/Lettuce & Tomatoes	Chicken Nuggets w/ WG Biscuit	Chicken Curry Casserole
Onion Rings	Stir Fry Vegetables	Crispy Fries	Caesar Salad	Seasoned Collards
Orange Juice	Pineapple Cup	Orange	Fruit Cup	Fresh Apple
Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk
18-Sep	19-Sep	20-Sep	21-Sep	22-Sep
Cheese Pizza	Hot Dog	Pasta w/Meatsauce	Cheese Burger w/Lettuce & Tomatoes	Chicken Drumstick w/ Dinner Roll
Crispy Fries	<b>Vegetarian Beans</b>	Seasoned Broccoli	Onion Rings	Baby Carrots w/ Dressing
Fresh Apple	Pineapple Cup	Apple Sauce	Fruit Punch	Fresh Pear
Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk
25-Sep	26-Sep	27-Sep	28-Sep	29-Sep
Pepperoni Pizza	Chicken Nuggets w/ WG Biscuit	Teriyaki Chicken w/Fried Rice	BBQ Chicken Sandwich	Pasta w/ Meatsauce
Crispy Fries	Tater Tots	Seasoned Broccoli	Cesar Salad	Collards
Fresh Apple	Pineapple Cup	Orange	Fruit Punch	Fresh Pear
Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk

While we will make every effort to serve the planned menu daily, supply chains are experiencing significant disruption due to labor and transportation challenges. If substitutions are necessary we will use like or similar items whenever possible. We appreciate your patience as we work with our vendors to ensure your scholars get the best possible meals to fuel their success in the classroom.