August 2024 Breakfast K-12 Wednesday Tuesday Thursday 1 Blue Cornbread with Jelly Sauteed bell pepper, onions Fresh Fruit 100% Orange Juice

Friday

2

Egg & Cheese Breakfast Taco

Salsa

Fresh Fruit

			1% Lowfat White Milk or Nonfat Chocolate Milk	100% Apple Juice 1% Lowfat White Milk
Canned Fruit in Light Syrup			Nonial Chocolate Milk	Nonfat Chocolate Mi
WG = Whole Grain				
5	6	7	8	9
ereal: Honey Nut Cheerios	Egg & Potato	French Toast	WG Turkey Sausage	WG Blueberry Muffi
Yogurt	Breakfast Taco	Sticks	Breakfast Pizza	Hardboiled Egg
Fresh Fruit	Salsa		Fresh Fruit	Fresh Fruit
	Fresh Fruit	Syrup		
100% Orange Juice		Fresh Fruit	100% Apple Juice	100% Apple Juice
1% Lowfat White Milk or	100% Apple Juice	100% Apple Juice	1% Lowfat White Milk or	1% Lowfat White Milk
Nonfat Chocolate Milk	1% Lowfat White Milk or	1% Lowfat White Milk or	Nonfat Chocolate Milk	Nonfat Chocolate Mi
	Nonfat Chocolate Milk	Nonfat Chocolate Milk		
12	13	14	15	16
Omelet	Cereal: Honey Nut Cheerios	Seasonal Fruit and	Sausage/Pancake on	WG Turkey Sausag
WG English Muffin	Yogurt	Yogurt Parfait	a Stick	Breakfast Pizza
Fresh Fruit	Fresh Fruit	Graham Crackers	Syrup	Fresh Fruit
100% Orange Juice	100% Orange Juice	100% Apple Juice	Fresh Fruit	100% Apple Juice
1% Lowfat White Milk or	1% Lowfat White Milk or	1% Lowfat White Milk or	100% Orange Juice	1% Lowfat White Milk
Nonfat Chocolate Milk	Nonfat Chocolate Milk	Nonfat Chocolate Milk	1% Lowfat White Milk or	Nonfat Chocolate Mi
			Nonfat Chocolate Milk	
19	20	21	22	23
Bean and Cheese Burrito	Seasonal Fruit and	Blue Cornbread with Jelly	Cereal: Cinnamon	Scrambled Eggs
WG Tortilla	Yogurt Parfait	Sauteed bell pepper onions	Toast Crunch	w/ WG buttered toas
Fresh Fruit	Graham Crackers	Fresh Fruit	Cheese Stick	Fresh Fruit
100% Orange Juice	100% Apple Juice	100% Apple Juice	Fresh Fruit	100% Orange Juice
1% Lowfat White Milk or	1% Lowfat White Milk or	1% Lowfat White Milk or	100% Apple Juice	1% Lowfat White Milk
Nonfat Chocolate Milk	Nonfat Chocolate Milk	Nonfat Chocolate Milk	1% Lowfat White Milk or	Nonfat Chocolate Mi
			Nonfat Chocolate Milk	
26	27	28	29	30
			-/	
Sausage/Pancake on	Hash Browns	Omelet	Breakfast Sandwich	WG Bagel
a Stick			Fresh Fruit	Cream Cheese
	Turkey Sausage	WG English Muffin	ricontrian	
Syrup	Turkey Sausage WG Tortilla	Fresh Fruit	100% Apple Juice	Fresh Fruit
Syrup Fresh Fruit		-		
Fresh Fruit	WG Tortilla Fresh Fruit	Fresh Fruit	100% Apple Juice	100% Orange Juice
• •	WG Tortilla	Fresh Fruit 100% Orange Juice	100% Apple Juice 1% Lowfat White Milk or	100% Orange Juice 1% Lowfat White Milk
Fresh Fruit 100% Orange Juice	WG Tortilla Fresh Fruit 100% Apple Juice	Fresh Fruit 100% Orange Juice 1% Lowfat White Milk or	100% Apple Juice 1% Lowfat White Milk or	100% Orange Juice 1% Lowfat White Milk
Fresh Fruit 100% Orange Juice 1% Lowfat White Milk or Nonfat Chocolate Milk	WG Tortilla Fresh Fruit 100% Apple Juice 1% Lowfat White Milk or	Fresh Fruit 100% Orange Juice 1% Lowfat White Milk or	100% Apple Juice 1% Lowfat White Milk or	Fresh Fruit 100% Orange Juice 1% Lowfat White Milk Nonfat Chocolate Mi

Note: Menus are subject to change due to product availability. "This institution is an equal opportunity provider."

Monday

August 2024 _{K-8}

Tuesday	Wednesday	1	Friday
		1	2
		Bison Sliders	Beef Mac Casserole
		Tasty Tots	Cheesy WG Breadstick
		Lettuce, tomato, pickle	Sauteed Spinach
			Peach Cup
			WG Breadstick
			1% Lowfat White Milk o
			Nonfat Chocolate Milk
6	7	8	9
Meatloaf	Green Chile Posole	Bean Burrito Bowl	Chicken Tenders
Mashed potatoes w/ gravy	Blue Corn Bread	w/ Brown Rice	Sweet Potato Fries
Black Bean Salad	Carot Sticks	WG Tortilla	Vegetable Medley
Mixed Fruit	Pear Halves	Green Peas	Mandarin oranges
WG Dinner Roll	1% Lowfat White Milk or	Whole Apple	Banana Bread Square
1% Lowfat White Milk or	Nonfat Chocolate Milk	1% Lowfat White Milk or	1% Lowfat White Milk o
			Nonfat Chocolate Milk
12	14	15	16
-	1		Teriyaki Chicken
	-		w/ Fried Rice
			Bean Soup
			Broccoli
			Mixed Fruit
		Nonfat Chocolate Milk	1% Lowfat White Milk o
Nonfat Chocolate Milk	Nonfat Chocolate Milk		Nonfat Chocolate Milk
20	21	22	23
Pork Choppette	Beef Fajitas	Chicken Alfredo	Taco Soup
Pasta Salad w/ veggies	w/ Spanish Rice	with Penne Pasta	w/ tomatoes & corn
Seasoned potatoes	Sauteed bell pepper onions	Broccoli	Refried Beans
Whole Orange	Applesauce	Mixed Fruit	WG Tortilla
1% Lowfat White Milk or	1% Lowfat White Milk or	WG Garlic Toast	Pear Halves
Nonfat Chocolate Milk	Nonfat Chocolate Milk	1% Lowfat White Milk or	1% Lowfat White Milk o
_		Nonfat Chocolate Milk	Nonfat Chocolate Milk
27	20	20	30
	-		SU Pulled Pork
			on WG Bun
			Seasoned potatoes
			Steamed Cauliflower
	-		Peach Cup
Nonfat Chocolate Milk		1	1% Lowfat White Milk o
	Nonfat Chocolate Milk	1% Lowfat White Milk or	Nonfat Chocolate Milk
1	1 1	Nonfat Chocolate Milk	
		Nonial Chocolate Milk	
	6 Meatloaf Mashed potatoes w/ gravy Black Bean Salad Mixed Fruit WG Dinner Roll 1% Lowfat White Milk or Nonfat Chocolate Milk 1% Dinner Roll 1% Lowfat White Milk or Nonfat Chocolate Milk 1% Lowfat White Milk or Nonfat Chocolate Milk 20 Pork Choppette Pasta Salad w/ veggies Seasoned potatoes Whole Orange 1% Lowfat White Milk or	6 7 Meatloaf Green Chile Posole Mashed potatoes w/ gravy Black Bean Salad Mixed Fruit WG Dinner Roll 1% Lowfat White Milk or Nonfat Chocolate Milk 1% Lowfat White Milk or Nonfat Chocolate Milk 13 14 Bison Mac Steak Fingers Cheesy WG Breadstick Steated Zuchinni Peach Cup WG Breadstick 1% Lowfat White Milk or Nonfat Chocolate Milk 20 21 Pork Choppette Beef Fajitas Pasta Salad w/ veggies Subel Papesauce Whole Orange 1% Lowfat White Milk or 1% Lowfat White Milk or Nonfat Chocolate Milk 27 28 Beef and Broccoli WG Spaghetti w/ Bea Soup WG Spaghetti w/ Meat Sauce Garden Salad Mixed Fruit W/ Meat Sauce 1% Lowfat White Milk or Nonfat Chocolate Milk	Image: Section of the sectio

August 2024 HS

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
ENTRÉE w/ GRAIN- BLUE			Bison Sliders	Beef Mac Casserole
GREEN VEG- GREEN			Tasty Tots	Cheesy WG Breadstick
FRUIT- PINK			Lettuce, tomato, pickle	Sauteed Spinach
RED/ORANGE- RED			Melon Cup	Corn Salad
STARCHY VEG- YELLOW			Grapes	Peach Cup
OTHER VEG- ORANGE			1% Lowfat White Milk or	Apple slices
Canned Fruit in Light Syrup			Nonfat Chocolate Milk	WG Breadstick
WG = Whole Grain				1% Lowfat White Milk o
				Nonfat Chocolate Milk
5	6	7	8	
	Meatloaf	Green Chile Posole	Bean Burrito Bowl	Chicken Tenders
Pepperoni Pizza				
WG Garlic Bread	Mashed potatoes w/ gravy	Blue Corn Bread	w/ Brown Rice	Sweet Potato Fries
Broccoli	Black Bean Salad	Carot Sticks	WG Tortilla	Vegetable Medley
Pineapple Tidbits	Mixed Fruit	Pear Halved	Green Peas	Mandarin oranges
Orange slices	Peach Cup	Grapes	Whole Apple	Applesauce
1% Lowfat White Milk or	WG Dinner Roll	1% Lowfat White Milk or	Pineapple Tidbits	Banana Bread Square
Nonfat Chocolate Milk	1% Lowfat White Milk or	Nonfat Chocolate Milk	1% Lowfat White Milk or	1% Lowfat White Milk o
	Nonfat Chocolate Milk		Nonfat Chocolate Milk	Nonfat Chocolate Milk
12	13	14	15	16
Tostada Dippers	Bison Mac	Steak Fingers	Pepperoni Pizza	Teriyaki Chicken
Spanish Rice	Cheesy WG Breadstick	WG Roll	WG Garlic Bread	w/ Fried Rice
Shredded Lettuce	Sauteed Spinach	Steamed Corn	Broccoli	Bean Soup
Cherry Tomatos	Corn Salad	Sauteed Zuchinni	Pineapple Tidbits	Broccoli
Salsa Cup	Peach Cup	Pineapple Tidbits	Orange slices	Mixed Fruit
· · · · · · · · · · · · · · · · · · ·			•	
Grapes	Apple slices	Mandarin Oranges	1% Lowfat White Milk or	Whole Apple
Pear Halves	WG Breadstick	1% Lowfat White Milk or	Nonfat Chocolate Milk	1% Lowfat White Milk o
1% Lowfat White Milk or	1% Lowfat White Milk or	Nonfat Chocolate Milk		Nonfat Chocolate Milk
Nonfat Chocolate Milk	Nonfat Chocolate Milk			
19	20	21	22	23
Bison Cheeseburger				
	Pork Choppette	Beef Fajitas	Chicken Alfredo	Taco Soup
on WG Bun	Pork Choppette Pasta Salad w/ veggies	Beet Fajitas w/ Spanish Rice	Chicken Alfredo with Penne Pasta	Taco Soup w/ tomatoes & corn
on WG Bun Lettuce, Tomato slice			with Penne Pasta Broccoli	w/ tomatoes & corn Refried Beans
	Pasta Salad w/ veggies	w/ Spanish Rice	with Penne Pasta	w/ tomatoes & corn
Lettuce, Tomato slice	Pasta Salad w/ veggies Seasoned potatoes	w/ Spanish Rice Sauteed bell pepper onions	with Penne Pasta Broccoli	w/ tomatoes & corn Refried Beans
Lettuce, Tomato slice Mustard, Mayo, Ketchup	Pasta Salad w/ veggies Seasoned potatoes Whole Orange	w/ Spanish Rice Sauteed bell pepper onions Applesauce	with Penne Pasta Broccoli Mixed Fruit	w/ tomatoes & corn Refried Beans WG Tortilla
Lettuce, Tomato slice Mustard, Mayo, Ketchup Sweet Potato Fries	Pasta Salad w/ veggies Seasoned potatoes Whole Orange Mixed Fruit	w/ Spanish Rice Sauteed bell pepper onions Applesauce Pineapple Tidbits	with Penne Pasta Broccoli Mixed Fruit Orange Slices	w/ tomatoes & corn Refried Beans WG Tortilla Pear Halves
Lettuce, Tomato slice Mustard, Mayo, Ketchup Sweet Potato Fries Grapes	Pasta Salad w/ veggies Seasoned potatoes Whole Orange Mixed Fruit WG Dinner Roll	w/ Spanish Rice Sauteed bell pepper onions Applesauce Pineapple Tidbits 1% Lowfat White Milk or	with Penne Pasta Broccoli Mixed Fruit Orange Slices WG Garlic Toast	w/ tomatoes & corn Refried Beans WG Tortilla Pear Halves Peach Cup
Lettuce, Tomato slice Mustard, Mayo, Ketchup Sweet Potato Fries Grapes Apple Slices	Pasta Salad w/ veggies Seasoned potatoes Whole Orange Mixed Fruit WG Dinner Roll 1% Lowfat White Milk or	w/ Spanish Rice Sauteed bell pepper onions Applesauce Pineapple Tidbits 1% Lowfat White Milk or	with Penne Pasta Broccoli Mixed Fruit Orange Slices WG Garlic Toast 1% Lowfat White Milk or	w/ tomatoes & corn Refried Beans WG Tortilla Pear Halves Peach Cup 1% Lowfat White Milk c
Lettuce, Tomato slice Mustard, Mayo, Ketchup Sweet Potato Fries Grapes Apple Slices 1% Lowfat White Milk or	Pasta Salad w/ veggies Seasoned potatoes Whole Orange Mixed Fruit WG Dinner Roll 1% Lowfat White Milk or	w/ Spanish Rice Sauteed bell pepper onions Applesauce Pineapple Tidbits 1% Lowfat White Milk or	with Penne Pasta Broccoli Mixed Fruit Orange Slices WG Garlic Toast 1% Lowfat White Milk or	w/ tomatoes & corn Refried Beans WG Tortilla Pear Halves Peach Cup 1% Lowfat White Milk c
Lettuce, Tomato slice Mustard, Mayo, Ketchup Sweet Potato Fries Grapes Apple Slices 1% Lowfat White Milk or Nonfat Chocolate Milk	Pasta Salad w/ veggies Seasoned potatoes Whole Orange Mixed Fruit WG Dinner Roll 1% Lowfat White Milk or Nonfat Chocolate Milk	w/ Spanish Rice Sauteed bell pepper onions Applesauce Pineapple Tidbits 1% Lowfat White Milk or Nonfat Chocolate Milk	with Penne Pasta Broccoli Mixed Fruit Orange Slices WG Garlic Toast 1% Lowfat White Milk or Nonfat Chocolate Milk	w/ tomatoes & corn Refried Beans WG Tortilla Pear Halves Peach Cup 1% Lowfat White Milk o Nonfat Chocolate Milk
Lettuce, Tomato slice Mustard, Mayo, Ketchup Sweet Potato Fries Grapes Apple Slices 1% Lowfat White Milk or Nonfat Chocolate Milk 26	Pasta Salad w/ veggies Seasoned potatoes Whole Orange Mixed Fruit WG Dinner Roll 1% Lowfat White Milk or Nonfat Chocolate Milk 27	w/ Spanish Rice Sauteed bell pepper onions Applesauce Pineapple Tidbits 1% Lowfat White Milk or Nonfat Chocolate Milk	with Penne Pasta Broccoli Mixed Fruit Orange Slices WG Garlic Toast 1% Lowfat White Milk or Nonfat Chocolate Milk	w/ tomatoes & corn Refried Beans WG Tortilla Pear Halves Peach Cup 1% Lowfat White Milk o Nonfat Chocolate Milk
Lettuce, Tomato slice Mustard, Mayo, Ketchup Sweet Potato Fries Grapes Apple Slices 1% Lowfat White Milk or Nonfat Chocolate Milk <u>26</u> Steak Fingers	Pasta Salad w/ veggies Seasoned potatoes Whole Orange Mixed Fruit WG Dinner Roll 1% Lowfat White Milk or Nonfat Chocolate Milk 27 Beef and Broccoli	w/ Spanish Rice Sauteed bell pepper onions Applesauce Pineapple Tidbits 1% Lowfat White Milk or Nonfat Chocolate Milk <u>28</u> WG Spaghetti	with Penne Pasta Broccoli Mixed Fruit Orange Slices WG Garlic Toast 1% Lowfat White Milk or Nonfat Chocolate Milk <u>29</u> Tostada Dippers	w/ tomatoes & corn Refried Beans WG Tortilla Pear Halves Peach Cup 1% Lowfat White Milk o Nonfat Chocolate Milk <u>30</u> Pulled Pork
Lettuce, Tomato slice Mustard, Mayo, Ketchup Sweet Potato Fries Grapes Apple Slices 1% Lowfat White Milk or Nonfat Chocolate Milk 26 Steak Fingers WG Roll	Pasta Salad w/ veggies Seasoned potatoes Whole Orange Mixed Fruit WG Dinner Roll 1% Lowfat White Milk or Nonfat Chocolate Milk 27 Beef and Broccoli w/ Brown Rice	w/ Spanish Rice Sauteed bell pepper onions Applesauce Pineapple Tidbits 1% Lowfat White Milk or Nonfat Chocolate Milk <u>28</u> WG Spaghetti w/ Meat Sauce	with Penne Pasta Broccoli Mixed Fruit Orange Slices WG Garlic Toast 1% Lowfat White Milk or Nonfat Chocolate Milk <u>29</u> Tostada Dippers Spanish Rice	w/ tomatoes & corn Refried Beans WG Tortilla Pear Halves Peach Cup 1% Lowfat White Milk of Nonfat Chocolate Milk 30 Pulled Pork on WG Bun
Lettuce, Tomato slice Mustard, Mayo, Ketchup Sweet Potato Fries Grapes Apple Slices 1% Lowfat White Milk or Nonfat Chocolate Milk 26 Steak Fingers WG Roll Sauteed Spinach	Pasta Salad w/ veggies Seasoned potatoes Whole Orange Mixed Fruit WG Dinner Roll 1% Lowfat White Milk or Nonfat Chocolate Milk 27 Beef and Broccoli w/ Brown Rice Bean Soup	w/ Spanish Rice Sauteed bell pepper onions Applesauce Pineapple Tidbits 1% Lowfat White Milk or Nonfat Chocolate Milk 28 WG Spaghetti w/ Meat Sauce Garden Salad	with Penne Pasta Broccoli Mixed Fruit Orange Slices WG Garlic Toast 1% Lowfat White Milk or Nonfat Chocolate Milk 29 Tostada Dippers Spanish Rice Shredded Lettuce	w/ tomatoes & corn Refried Beans WG Tortilla Pear Halves Peach Cup 1% Lowfat White Milk of Nonfat Chocolate Milk 30 Pulled Pork on WG Bun Seasoned potatoes
Lettuce, Tomato slice Mustard, Mayo, Ketchup Sweet Potato Fries Grapes Apple Slices 1% Lowfat White Milk or Nonfat Chocolate Milk 26 Steak Fingers WG Roll Sauteed Spinach Sauteed Zuchinni Pineapple Tidbits	Pasta Salad w/ veggies Seasoned potatoes Whole Orange Mixed Fruit WG Dinner Roll 1% Lowfat White Milk or Nonfat Chocolate Milk 27 Beef and Broccoli w/ Brown Rice Bean Soup Mixed Fruit	 w/ Spanish Rice Sauteed bell pepper onions Applesauce Pineapple Tidbits 1% Lowfat White Milk or Nonfat Chocolate Milk 28 WG Spaghetti w/ Meat Sauce Garden Salad Carrot Sticks, Dressing Orange Slices 	with Penne Pasta Broccoli Mixed Fruit Orange Slices WG Garlic Toast 1% Lowfat White Milk or Nonfat Chocolate Milk 29 Tostada Dippers Spanish Rice Shredded Lettuce Cherry Tomatos Salas Cup	w/ tomatoes & corn Refried Beans WG Tortilla Pear Halves Peach Cup 1% Lowfat White Milk of Nonfat Chocolate Milk Nonfat Chocolate Milk 30 Pulled Pork on WG Bun Seasoned potatoes Steamed Cauliflower
Lettuce, Tomato slice Mustard, Mayo, Ketchup Sweet Potato Fries Grapes Apple Slices 1% Lowfat White Milk or Nonfat Chocolate Milk 26 Steak Fingers WG Roll Sauteed Spinach Sauteed Zuchinni Pineapple Tidbits Mandarin Oranges	Pasta Salad w/ veggies Seasoned potatoes Whole Orange Mixed Fruit WG Dinner Roll 1% Lowfat White Milk or Nonfat Chocolate Milk 27 Beef and Broccoli w/ Brown Rice Bean Soup Mixed Fruit Whole Apple 1% Lowfat White Milk or	 w/ Spanish Rice Sauteed bell pepper onions Applesauce Pineapple Tidbits 1% Lowfat White Milk or Nonfat Chocolate Milk 28 WG Spaghetti w/ Meat Sauce Garden Salad Carrot Sticks, Dressing Orange Slices Peach Cup 	with Penne Pasta Broccoli Mixed Fruit Orange Slices WG Garlic Toast 1% Lowfat White Milk or Nonfat Chocolate Milk 29 Tostada Dippers Spanish Rice Shredded Lettuce Cherry Tomatos Salsa Cup Grapes	w/ tomatoes & corn Refried Beans WG Tortilla Pear Halves Peach Cup 1% Lowfat White Milk of Nonfat Chocolate Milk Nonfat Chocolate Milk 30 Pulled Pork on WG Bun Seasoned potatoes Steamed Cauliflower Peach Cup Applesauce
Lettuce, Tomato slice Mustard, Mayo, Ketchup Sweet Potato Fries Grapes Apple Slices 1% Lowfat White Milk or Nonfat Chocolate Milk 26 Steak Fingers WG Roll Sauteed Spinach Sauteed Zuchinni Pineapple Tidbits	Pasta Salad w/ veggies Seasoned potatoes Whole Orange Mixed Fruit WG Dinner Roll 1% Lowfat White Milk or Nonfat Chocolate Milk 27 Beef and Broccoli w/ Brown Rice Bean Soup Mixed Fruit Whole Apple	 w/ Spanish Rice Sauteed bell pepper onions Applesauce Pineapple Tidbits 1% Lowfat White Milk or Nonfat Chocolate Milk 28 WG Spaghetti w/ Meat Sauce Garden Salad Carrot Sticks, Dressing Orange Slices 	with Penne Pasta Broccoli Mixed Fruit Orange Slices WG Garlic Toast 1% Lowfat White Milk or Nonfat Chocolate Milk 29 Tostada Dippers Spanish Rice Shredded Lettuce Cherry Tomatos Salas Cup	w/ tomatoes & corn Refried Beans WG Tortilla Pear Halves Peach Cup 1% Lowfat White Milk o Nonfat Chocolate Milk Nonfat Chocolate Milk 30 Pulled Pork on WG Bun Seasoned potatoes Steamed Cauliflower Peach Cup

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Dietitian Consultants