August-September 2022 DYSPHAGIA MENU

2022-2023 Meal Prices:

Paid Elementary Breakfast: $1.00 // Paid Elementary Lunch: $2.25
Paid Secondary Breakfast: $1.25 // Paid Secondary Lunch: $2.50
Reduced Student Breakfast: $0.20 // Reduced Student Lunch: $0.40

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
22 **Fruit & Yogurt Parfait** Applesauce Juice Milk **Cheese Enchiladas** Seasoned Black Beans Green Beans Canned Peaches #1	**23** **Sausage Biscuit w/ Gravy** Applesauce Juice Milk **Salisbury Steak** Glazed Carrots Mashed Potatoes Fresh Banana w/ Pineapple or Orange Juice #2	**24** **French Toast w/ Fruit Compote** Applesauce Juice Milk **Chicken Nuggets w/ Country Gravy** Mashed Potatoes Green Beans Fruit Cobbler #3	**25** **Chicken Biscuit w/ Gravy** Applesauce Juice Milk **Spaghetti** Glazed Carrots Seasoned Green Beans Canned Pears #4	**26** **Blueberry Muffin w/ Fruit Compote** Applesauce Juice Milk **Macaroni & Cheese** Tomato Soup Creamed Spinach Fruit Cobbler #5
29 **Oatmeal w/ Fruit Compote** Applesauce Juice Milk **Beef & Cheese Nachos** Seasoned Black Beans Cauliflower Peach Cobbler #6	**30** **Chicken & Waffles** Applesauce Juice Milk **Turkey Alfredo** Green Beans Glazed Carrots Fruit Cocktail #7	**31** **Cinnamon Roll w/ Sausage** Applesauce Juice Milk **Mashed Potato Bowl w/ Cheese & Chicken** Glazed Carrots Green Beans Spiced Applesauce #8	**1** **Cream of Wheat w/ Fruit Compote** Applesauce Juice Milk **Chili** Sweet Potatoes Glazed Carrots Fruit Cocktail #9	**2** **Pancakes & Sausage** Applesauce Juice Milk **Green Chili Cheese Burrito w/ Nacho Cheese** Mixed Vegetables Green Beans Mandarin Oranges #10
5 **NO SCHOOL** #11	**6** **2 Yogurts** Applesauce Juice Milk **Salisbury Steak** Glazed Carrots Mashed Potatoes Fresh Banana w/ Pineapple or Orange Juice #12	**7** **French Toast w/ Fruit Compote** Applesauce Juice Milk **Chicken Nuggets w/ Country Gravy** Mashed Potatoes Green Beans Fruit Cobbler #13	**8** **Chicken Biscuit w/ Gravy** Applesauce Juice Milk **Spaghetti** Glazed Carrots Green Beans Canned Pears #14	**9** **Blueberry Muffin w/ Fruit Compote** Applesauce Juice Milk **Macaroni & Cheese** Tomato Soup Creamed Spinach Fruit Cobbler #15

12 **Oatmeal w/ Fruit Compote** Applesauce Juice Milk **Beef & Cheese Nachos** Seasoned Black Beans Cauliflower Peach Cobbler #16	**13** **Chicken & Waffles** Applesauce Juice Milk **Pulled Pork BBQ** Sweet Potatoes Green Beans Canned Peaches #17	**14** **Cinnamon Roll w/ Sausage** Applesauce Juice Milk **Mashed Potato Bowl w/ Cheese & Chicken** Glazed Carrots Green Beans Spiced Applesauce #18	**15** **Cream of Wheat w/ Fruit Compote** Applesauce Juice Milk **Chili** Sweet Potatoes Glazed Carrots Fruit Cocktail #19	**16** **Pancakes & Sausage** Applesauce Juice Milk **Green Chili Cheese Burrito w/ Nacho Cheese** Mixed Vegetables Green Beans Mandarin Oranges #20
19 **Fruit & Yogurt Parfait** Applesauce Juice Milk **Cheese Enchiladas** Seasoned Black Beans Green Beans Canned Peaches #1	**20** **Sausage Biscuit w/ Gravy** Applesauce Juice Milk **Salisbury Steak** Glazed Carrots Mashed Potatoes Fresh Banana w/ Pineapple or Orange Juice #2	**21** **French Toast w/ Fruit Compote** Applesauce Juice Milk **Chicken Nuggets w/ Country Gravy** Mashed Potatoes Green Beans Fruit Cobbler #3	**22** **Chicken Biscuit w/ Gravy** Applesauce Juice Milk **Spaghetti** Glazed Carrots Green Beans Canned Pears #4	**23** **Blueberry Muffin w/ Fruit Compote** Applesauce Juice Milk **Macaroni & Cheese** Tomato Soup Creamed Spinach Fruit Cobbler #5
26 **NO SCHOOL** #6	**27** **2 Yogurts** Applesauce Juice Milk **Turkey Alfredo** Green Beans Glazed Carrots Fruit Cocktail #7	**28** **Cinnamon Roll w/ Sausage** Applesauce Juice Milk **Mashed Potato Bowl w/ Cheese & Chicken** Glazed Carrots Squash/Zucchini Spiced Applesauce #8	**29** **Cream of Wheat w/ Fruit Compote** Applesauce Juice Milk **Chili** Sweet Potatoes Squash/Zucchini Fruit Cocktail #9	**30** **Pancakes & Sausage** Applesauce Juice Milk **Green Chili Cheese Burrito w/ Nacho Cheese** Mixed Vegetables Green Beans Mandarin Oranges #10

All menu items can be provided as Pureed, Minced & Moist, or Soft & Bite Sized based on Doctor's orders.
****All meals come with a choice of 1% white milk or fat free chocolate milk****
*****Standard Dysphagia Breakfast served after a holiday will be 2 Yogurts, Applesauce, juice and choice of milk*****

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity. Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339. To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by: mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410; or fax: (833) 256-1665 or (202) 690-7442; or email: program.intake@usda.gov This institution is an equal opportunity provider.

Menus are subject to change without notice due to price and availability of food