



JULY 2019

MS & HS SUMMER BREAKFAST AND LUNCH MENU

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|--|----------------------------|
| French Toast 1 Pulled Pork BBQ Sandwich Cole Slaw Seasoned Pinto Beans Fresh Watermelon | Whole Wheat Cinnamon Roll 2 Chicken Tenders Mashed Potatoes & Gravy Tossed Salad Fresh Berries Wheat Roll | Ham & Cheese Croissant 3 Fish Sandwich Sweet Potato Fries Tossed Salad Fresh Fruit Medley | 4 SCHOOL HOLIDAY | 5 SCHOOL CLOSED |
| Mini Pancakes 8 Chicken Tenders Diced Carrots Tossed Salad Fresh Watermelon | Whole Wheat Cinnamon Roll 9 Steak Fingers Mashed Potatoes & Gravy Tossed Salad Fresh Cantaloupe Chunks | Sausage & Cheese Biscuit 10 Nachos Seasoned Pinto Beans Tossed Salad Mandarin Oranges Cornbread | Sausage & Cheese Kolache 11 Spaghetti & Meatballs Roasted Broccoli Tossed Salad Mixed Fruit Wheat Roll | 12 SCHOOL CLOSED |
| French Toast 15 Pulled Pork BBQ Sandwich Cole Slaw Seasoned Pinto Beans Fresh Watermelon | Whole Wheat Cinnamon Roll 16 Chicken Tenders Mashed Potatoes & Gravy Tossed Salad Fresh Berries Wheat Roll | Ham & Cheese Croissant 17 Fish Sandwich Sweet Potato Fries Tossed Salad Fresh Fruit Medley | Sausage & Cheese Kolache 18 Cheese Enchiladas Seasoned Pinto Beans Tossed Salad Mixed Fruit Sliced Peaches | 19 SCHOOL CLOSED |
| Mini Pancakes 22 Chicken Tenders Diced Carrots Tossed Salad Fresh Watermelon | Whole Wheat Cinnamon Roll 23 Steak Fingers Mashed Potatoes & Gravy Tossed Salad Fresh Cantaloupe Chunks | Sausage & Cheese Biscuit 24 Nachos Seasoned Pinto Beans Tossed Salad Mandarin Oranges Cornbread | Sausage & Cheese Kolache 25 Spaghetti & Meatballs Roasted Broccoli Tossed Salad Mixed Fruit Wheat Roll | 26 SCHOOL CLOSED |
| French Toast 29 Pulled Pork BBQ Sandwich Cole Slaw Seasoned Pinto Beans Fresh Watermelon | Whole Wheat Cinnamon Roll 30 Chicken Tenders Mashed Potatoes & Gravy Tossed Salad Fresh Berries Wheat Roll | Ham & Cheese Croissant 31 Fish Sandwich Sweet Potato Fries Tossed Salad Fresh Fruit Medley | | |

| | | |
|---|---|---|
| <p>A complete breakfast includes</p> <ul style="list-style-type: none"> - Choice of 1 entrée - 2 fruits OR 1 fruit & juice - 1% white or fat free chocolate milk <p>Daily Breakfast Features</p> <ul style="list-style-type: none"> - Yogurt & Rockin' ola granola - Whole grain cereal (Not available at some schools) - Assorted fruit bowl - 100% fruit juice - 1% white or fat free chocolate milk | <p>A complete lunch includes</p> <ul style="list-style-type: none"> - Choice of entrée - 2 fruits - 2 vegetables - 1% white or fat free chocolate milk <p>Daily Lunch Features</p> <ul style="list-style-type: none"> - Hummus & pita bread entrée - Turkey & cheese or turkey, ham & cheese on hoagie - Assorted fruit bowl | <p>Fresh Entrée Salad</p> <ul style="list-style-type: none"> - Grilled Chicken Caesar Salad |
|---|---|---|



In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English. To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter 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 **Fax:** (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.