



# AUGUST & SEPTEMBER 2019 BREAKFAST AND LUNCH MENU

Pre-K BREAKFAST: Student: No Cost// Adult/Visitor lunch \$2

Pre-K LUNCH: Student: No Cost// Adult/Visitor lunch \$3.50

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Whole Wheat Cinnamon Roll OR Yogurt & Granola <b>26</b> <b>Cheese Pizza</b> Baby Carrots Crunchy Bell Pepper Sticks Sliced Peaches	Mini Pancakes <b>27</b> <b>Chicken Tenders</b> Garden Salad Whole Kernel Corn Mandarin Oranges	Sausage & Cheese Biscuit <b>28</b> <b>Nachos w/ Baked Tostito Scoops</b> Carrot & Broccoli Slaw Seasoned Black Beans Fresh Berries	Ham & Cheese Croissant <b>29</b> <b>Spaghetti &amp; Meatballs</b> Fresh Broccoli Garden Salad Fresh Pineapple Chunks	Sausage & Cheese Kolache <b>30</b> <b>Macaroni &amp; Cheese</b> Garden Salad Seasoned Green Beans Mandarin Oranges
<b>2</b>  <b>SCHOOL HOLIDAY</b>	Pancake & Turkey Sausage Minis <b>3</b> <b>Beef Soft Tacos</b> Cole Slaw Seasoned Pinto Beans Fresh Apple Slices	Blueberry Banana Muffin <b>4</b> <b>Grilled Cheese Croissant Sandwich</b> Garden Salad Whole Kernel Corn Peach Cobbler	Ham & Cheese Croissant <b>5</b> <b>Turkey Hot Dog</b> Grape Tomato Medley Garden Salad Mandarin Oranges	Chicken Biscuit <b>6</b> <b>Steak Fingers</b> Garden Salad Mashed Potatoes & Gravy Cy-Fair Garden Fresh Watermelon
Whole Wheat Cinnamon Roll OR Yogurt & Granola <b>9</b> <b>Nachos w/ Baked Tostitos</b> Baby Carrots Seasoned Black Beans Sliced Peaches	Mini Pancakes <b>10</b> <b>Chicken Tenders</b> Garden Salad Whole Kernel Corn Mandarin Oranges	Sausage & Cheese Biscuit <b>11</b> <b>Cheese Pizza</b> Garden Salad Seasoned Green Beans Peach Cobbler	Ham & Cheese Croissant <b>12</b> <b>Hamburger</b> Garden Salad Mixed Vegetables Fresh Mixed Fruit	Sausage & Cheese Kolache <b>13</b> <b>Macaroni &amp; Cheese</b> Cole Slaw Steamed Broccoli Fresh Strawberries
Whole Wheat Cinnamon Roll OR Yogurt & Granola <b>16</b> <b>Cheese Enchiladas</b> Baby Carrots Seasoned Pinto Beans Sliced Peaches	French Toast <b>17</b> <b>Chicken Chunks</b> Garden Salad Whole Kernel Corn Fresh Apple Slices	Blueberry Banana Muffin <b>18</b> <b>Mini Pizza Bagels</b> Garden Salad Seasoned Green Beans Mandarin Oranges	Ham & Cheese Croissant <b>19</b> <b>Chicken Teriyaki &amp; Stir Fried Rice</b> Fresh Broccoli Garden Salad Fresh Grapes	Chicken Biscuit <b>20</b> <b>Steak Fingers</b> Garden Salad Mashed Potatoes & Gravy Fresh Watermelon
Whole Wheat Cinnamon Roll OR Yogurt & Granola <b>23</b> <b>Nachos w/ Baked Tostitos</b> Baby Carrots Seasoned Pinto Beans Sliced Peaches	Mini Pancakes <b>24</b> <b>Chicken Tenders</b> Garden Salad Whole Kernel Corn Orange Smiles	Sausage & Cheese Biscuit <b>25</b> <b>Cheese Pizza</b> Carrot & Broccoli Slaw Fresh Bell Pepper Sticks Fresh Berries	Ham & Cheese Croissant <b>26</b> <b>Spaghetti &amp; Meatballs</b> Fresh Broccoli Garden Salad Fresh Pineapple	Sausage & Cheese Kolache <b>27</b> <b>Macaroni &amp; Cheese</b> Garden Salad Seasoned Green Beans Mandarin Oranges
Whole Wheat Cinnamon Roll OR Yogurt & Granola <b>30</b> <b>Breaded Chicken Sandwich</b> Baby Carrots Seasoned Green Beans Sliced Peaches				

### A complete breakfast includes

- Choice of 1 entrée
- 2 fruits OR 1 fruit & juice
- 1% white milk

### Daily Breakfast Features

- 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

### A complete lunch includes

- Choice of entrée
- 2 fruits
- 2 vegetables
- 1% white milk

### Daily Lunch Features

- Hummus & pita bread entrée
- Yogurt, granola and string cheese
- Sunbutter & jelly entrée
- Turkey & cheese or turkey, ham & cheese on hoagie (alternate weekly)
- Assorted fruit bowl

### Fresh Entrée Salads

- Monday: egg & bacon spinach salad
  - Tuesday: chef's salad
  - Wednesday: cranberry apple salad
  - Thursday: southwest chicken salad
  - Friday: mandarin chicken salad
- Grilled Chicken Caesar Salad served daily.*



### HARVEST OF THE MONTH

### WATERMELON

- Watermelons are 92% water, making them a perfect snack in the summer to stay hydrated!
- Excellent source of lycopene which helps protect cells from damage, and can help lower blood pressure.
- Promotes heart health and helps prevent cancer.