



AUGUST & SEPTEMBER 2019 BREAKFAST AND LUNCH MENU

HIGH SCHOOL BREAKFAST: Paid student meal \$1.25 // reduced student meal \$0.20 // adult/visitor meal \$2
 HIGH SCHOOL LUNCH: Paid student meal \$2.50 // reduced student meal \$0.40 // adult/visitor meal \$3.50

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mini Pancakes Whole Wheat Cinnamon Roll Fruit & Yogurt Parfait 26	Banana Blueberry Muffin Sausage & Cheese Biscuit Fruit & Yogurt Parfait 27	Turkey Chorizo BreakfastTaco Egg, Ham & Cheese English Muffin Fruit & Yogurt Parfait 28	Ham & Cheese Croissant Chicken Biscuit Fruit & Yogurt Parfait 29	Sausage & Cheese Croissant Sausage & Cheese Kolache Fruit & Yogurt Parfait 30
Steak Fingers Mashed Potatoes w/ Gravy Tossed Salad Mandarin Oranges Wheat Roll	Bacon Cheeseburger Potato Wedges Tossed Salad Fresh Pineapple	Chicken Supreme Nachos Seasoned Black Beans Tossed Salad Fresh Mixed Fruit Cornbread	Chicken Teriyaki w/ Stir Fried Rice Mixed Vegetables Spicy Spinach Salad Vegetable Egg Roll Fresh Berries	Fish Sticks Steamed Broccoli Tossed Salad Sliced Peaches Garlic Roll
2	French Toast Sausage & Cheese Biscuit Fruit & Yogurt Parfait 3	Turkey Bacon Breakfast Taco Sausage & Cheese English Muffin Fruit & Yogurt Parfait 4	Sausage & Cheese Croissant Banana Blueberry Muffin Fruit & Yogurt Parfait 5	Egg, Ham, & Cheese English Muffin Chicken Biscuit Fruit & Yogurt Parfait 6
NO SCHOOL	Spicy Pepperjack Chicken Sandwich Potato Wedges Tossed Salad Fresh Cantaloupe Chunks	Macaroni & Cheese Diced Carrots Tossed Salad Diced Pears	Orange Chicken & Lo Mein Steamed Broccoli Tossed Salad Vegetable Egg Roll Fresh Pineapple	Cheese Enchiladas Seasoned Pinto Beans Tossed Salad Cy-Fair Garden Fresh Watermelon
Mini Pancakes Whole Wheat Cinnamon Roll Fruit & Yogurt Parfait 9	French Toast Sausage & Cheese Biscuit Fruit & Yogurt Parfait 10	Turkey Chorizo BreakfastTaco Pancake Sausage Minis Fruit & Yogurt Parfait 11	Ham & Cheese Croissant Chicken Biscuit Fruit & Yogurt Parfait 12	Egg, Bacon & Cheese English Muffin Sausage & Cheese Kolache Fruit & Yogurt Parfait 13
Nachos Seasoned Pinto Beans Tossed Salad Sliced Peaches	Mushroom Swiss Burger Potato Wedges Tossed Salad Mandarin Oranges Watermelon	Spaghetti & Meatballs Seasoned Green Beans Tossed Salad Fresh Cantaloupe Chunks Garlic Roll	Chicken Teriyaki w/ Stir Fried Rice Cran Apple Spinach Salad Zucchini Vegetable Egg Roll Fresh Diced Apples	Mini Corn Dogs Roasted Broccoli Tossed Salad Fresh Cantaloupe Chunks
French Toast Whole Wheat Cinnamon Roll Fruit & Yogurt Parfait 16	Sausage & Cheese Croissant Mini Pancakes Fruit & Yogurt Parfait 17	Turkey Bacon Breakfast Taco Sausage & Cheese English Muffin Fruit & Yogurt Parfait 18	Egg, Bacon & Cheese English Muffin Ham & Cheese Croissant Fruit & Yogurt Parfait 19	Chicken Biscuit Pancake Sausage Minis Fruit & Yogurt Parfait 20
Make-Your-Own Baked Potato Broccoli Salad Tossed Salad Sliced Peaches Breadsticks	Spicy Pepperjack Chicken Sandwich Broccoli Salad Potato Wedges Diced Apples	Lasagna Diced Carrots Tossed Salad Fresh Pineapple Chunks Garlic Roll	Orange Chicken & Lo Mein Steamed Broccoli Tossed Salad Vegetable Egg Roll Mandarin Oranges	Nachos Tossed Salad Whole Kernel Corn Diced Pears
Mini Pancakes Whole Wheat Cinnamon Roll Fruit & Yogurt Parfait 23	Banana Blueberry Muffin Sausage & Cheese Biscuit Fruit & Yogurt Parfait 24	Turkey Chorizo BreakfastTaco Egg, Ham & Cheese English Muffin Fruit & Yogurt Parfait 25	Ham & Cheese Croissant Chicken Biscuit Fruit & Yogurt Parfait 26	Sausage & Cheese Croissant Sausage & Cheese Kolache Fruit & Yogurt Parfait 27
Steak Fingers Mashed Potatoes w/ Gravy Tossed Salad Mandarin Oranges Wheat Roll	Bacon Cheeseburger Potato Wedges Tossed Salad Fresh Pineapple Chunks	Chicken Supreme Nachos Seasoned Black Beans Tossed Salad Fresh Mixed Fruit Cornbread	Chicken Teriyaki w/ Stir Fried Rice Mixed Vegetables Spicy Spinach Salad Vegetable Egg Roll Fresh Berries	Fish Sticks Steamed Broccoli Tossed Salad Sliced Peaches Garlic Roll
French Toast Whole Wheat Cinnamon Roll Fruit & Yogurt Parfait 30				
Pork Banh Mi Sandwich Baby Carrots Tossed Salad Sliced Peaches				

Breakfast
A complete breakfast includes
 - Choice of 1 entrée
 - 2 fruits OR 1 fruit & juice
 - 1% white or fat free chocolate milk
Daily Breakfast Features
 - Yogurt & Rockin' ola granola
 - Whole grain cereal
 - 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 or fat free chocolate milk
Lunch
Fresh Entrée Salads
Monday- Mandarin Orange Salad
Tuesday- Southwest Chicken Salad
Wednesday- Chef's Salad
Thursday- Cran-apple Salad
Friday- Egg Bacon & Spinach Salad
Grilled Chicken Caesar Salad served daily.
Daily Lunch Features
 - Hummus & pita bread entrée
 - Yogurt, granola and string cheese
 - Turkey & cheese or turkey, ham & cheese on hoagie (alternates weekly)
 - Assorted fruit bowl

GARDEN FRESH 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.

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