High School 9-12 Menu O- HIGH SCHOOL BREAKFAST

Monday

Tuesday

No School

Wednesday

No School

Thursday

Fruit & Yogurt Parfait* (V)

Assorted Cereal*(V)

Mini Donuts* (V)

Orange

Fruit Cups

1% Milk

NF Chocolate Milk

Friday

Aua 4

Fruit & Yogurt Parfait* (V)
Assorted Cereal*(V)
Concha* (V)
Berries
1% Milk

NF Chocolate Milk

Aug 7

Fruit & Yogurt Parfait* (V) Assorted Cereal* (V) Assorted Poptarts* (V) Berries 1% Milk NF Chocolate Milk Aua 8

Aua 1

Fruit & Yogurt Parfait* (V)
Assorted Cereal*(V)
Pancake on a Stick*
Fruit Cups
Orange Tangerine Juice
1% Milk
NF Chocolate Milk

Aua 9

Aua 2

Fruit & Yogurt Parfait* (V)
Assorted Cereal* (V)
Breakfast Burrito*
Apples
Apple Juice
1% Milk

NF Chocolate Milk

Fruit & Yogurt Parfait* (V)
Assorted Cereal*(V)
Mini Donuts* (V)
Orange
Fruit Cups
1% Milk
NF Chocolate Milk

Aua 11

Fruit & Yogurt Parfait* (V)
Assorted Cereal*(V)
Concha* (V)
Berries
1% Milk
NF Chocolate Milk

Aug 14

Fruit & Yogurt Parfait* (V)
Assorted Cereal* (V)
Assorted Poptarts* (V)
Berries
1% Milk
NF Chocolate Milk

Aug 15

Fruit & Yogurt Parfait* (V)
Assorted Cereal* (V)
Pancake on a Stick*
Fruit Cups
Orange Tangerine Juice
1% Milk
NF Chocolate Milk

Aug 16

Fruit & Yogurt Parfait* (V)
Assorted Cereal* (V)
Breakfast Burrito*
Apples
Apple Juice
1% Milk
NF Chocolate Milk

Aug 17

Aua 3

Aug 10

Fruit & Yogurt Parfait* (V)
Assorted Cereal*(V)
Mini Donuts* (V)
Orange
Fruit Cups
1% Milk
NF Chocolate Milk

Aua 18

Fruit & Yogurt Parfait* (V)
Assorted Cereal*(V)
Concha* (V)
Berries
1% Milk
NF Chocolate Milk

Aug 21

Fruit & Yogurt Parfait* (V)
Assorted Cereal* (V)
Assorted Poptarts* (V)
Berries
1% Milk
NF Chocolate Milk

Aug 22

Fruit & Yogurt Parfait* (V)
Assorted Cereal* (V)
Pancake on a Stick*
Fruit Cups
Orange Tangerine Juice
1% Milk
NF Chocolate Milk

Aug 23

Assorted Cereal*(V)
Breakfast Burrito*
Apples
Apple Juice
1% Milk
NF Chocolate Milk

Fruit & Yogurt Parfait* (V)

Aug 24

Fruit & Yogurt Parfait* (V)
Assorted Cereal*(V)
Mini Donuts* (V)
Orange
Fruit Cups
1% Milk
NF Chocolate Milk

Aug 25

Fruit & Yogurt Parfait* (V)
Assorted Cereal*(V)
Concha* (V)
Berries
1% Milk
NF Chocolate Milk

Aug 28

Fruit & Yogurt Parfait* (V)
Assorted Cereal* (V)
Assorted Poptarts* (V)
Berries
1% Milk
NF Chocolate Milk

Aug 29

Fruit & Yogurt Parfait* (V)
Assorted Cereal* (V)
Pancake on a Stick*
Fruit Cups
Orange Tangerine Juice
1% Milk
NF Chocolate Milk

Aug 30

Fruit & Yogurt Parfait* (V)
Assorted Cereal*(V)
Breakfast Burrito*
Apples
Apple Juice
1% Milk
NF Chocolate Milk

Aug 31

Fruit & Yogurt Parfait* (V)
Assorted Cereal*(V)
Mini Donuts* (V)
Orange
Fruit Cups
1% Milk
NF Chocolate Milk

USDA and this institution are equal opportunity providers and employers.

Menu subject to change.

Whole grain items are indicated by *.

Vegetarian items are indicated by (V).

High School 9-12 Menu L- HS LUNCH TRANSPORT 9-12

Monday

Tuesday

Wednesday

Thursday

Friday

Aug 1

No School

Aug 2

Turkey & Pepper Jack Hoagie' with Potato Chips Southwest Burrito* (V) with Potato Chips Fruit & Yogurt Parfait* (V) Salad Bar 1% Milk NF Chocolate Milk

Spicy Chicken Sandwich* with Wedges Wowbutter Sandwich* (V) with Potato Wedges Fruit & Yogurt Parfait* (V) Salad Bar 1% Milk NF Chocolate Milk

Aug 7

Cheese Pizza* (V) Pepperoni Pizza* Fruit & Yogurt Parfait* (V) Salad Bar 1% Milk NF Chocolate Milk Aug 8

Hot Dog* with Potato Chips Bean & Cheese Burrito* (V) Fruit & Yogurt Parfait* (V) Salad Bar 1% Milk NF Chocolate Milk Aug 9

Hamburger* with Wedges Cheeseburger* with Wedges Fruit & Yogurt Parfait* (V) Salad Bar 1% Milk NF Chocolate Milk Aug 10

Aua 3

Turkey & Pepper Jack Hoagie*
with Potato Chips
Southwest Burrito* (V)
with Potato Chips
Fruit & Yogurt Parfait* (V)
Salad Bar
1% Milk
NF Chocolate Milk

Aug 11

Spicy Chicken Sandwich*
with Wedges
Wowbutter Sandwich* (V)
with Potato Wedges
Fruit & Yogurt Parfait* (V)
Salad Bar
1% Milk
NF Chocolate Milk

Aua 14

Cheese Pizza* (V) Pepperoni Pizza* Fruit & Yogurt Parfait* (V) Salad Bar 1% Milk NF Chocolate Milk Aua 15

Hot Dog* with Potato Chips Bean & Cheese Burrito* (V) Fruit & Yogurt Parfait* (V) Salad Bar 1% Milk NF Chocolate Milk Aua 16

Hamburger* with Wedges Cheeseburger* with Wedges Fruit & Yogurt Parfait* (V) Salad Bar 1% Milk NF Chocolate Milk Aug 17

Turkey & Pepper Jack Hoagie with Potato Chips Southwest Burrito* (V) with Potato Chips Fruit & Yogurt Parfait* (V) Salad Bar 1% Milk NF Chocolate Milk Aua 18

Spicy Chicken Sandwich* with Wedges Wowbutter Sandwich* (V) with Potato Wedges Fruit & Yogurt Parfait* (V) Salad Bar 1% Milk NF Chocolate Milk

Aug 21

Cheese Pizza* (V)
Pepperoni Pizza*
Fruit & Yogurt Parfait* (V)
Salad Bar
1% Milk
NF Chocolate Milk

Aug 22

Hot Dog* with Potato Chips Bean & Cheese Burrito* (V) Fruit & Yogurt Parfait* (V) Salad Bar 1% Milk NF Chocolate Milk Aug 23

Hamburger* with Wedges Cheeseburger* with Wedges Fruit & Yogurt Parfait* (V) Salad Bar 1% Milk NF Chocolate Milk Aug 24

Turkey & Pepper Jack Hoagie*
with Potato Chips
Southwest Burrito* (V)
with Potato Chips
Fruit & Yogurt Parfait* (V)
Salad Bar
1% Milk
NF Chocolate Milk

Aug 25

Spicy Chicken Sandwich* with Wedges Wowbutter Sandwich* (V) with Potato Wedges Fruit & Yogurt Parfait* (V) Salad Bar 1% Milk NF Chocolate Milk

Aug 28

Cheese Pizza* (V) Pepperoni Pizza* Fruit & Yogurt Parfait* (V) Salad Bar 1% Milk NF Chocolate Milk Aug 29

Hot Dog* with Potato Chips Bean & Cheese Burrito* (V) Fruit & Yogurt Parfait* (V) Salad Bar 1% Milk NF Chocolate Milk Aug 30

Hamburger* with Wedges Cheeseburger* with Wedges Fruit & Yogurt Parfait* (V) Salad Bar 1% Milk NF Chocolate Milk Aug 31

Turkey & Pepper Jack Hoagie' with Potato Chips Southwest Burrito* (V) with Potato Chips Fruit & Yogurt Parfait* (V) Salad Bar 1% Milk NF Chocolate Milk

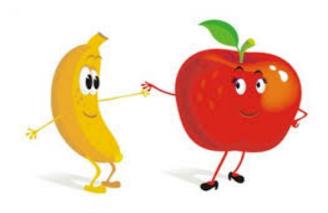
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Vegetarian items are indicated by (V).

K-8 Menu I- PRESCHOOL BREAKFAST



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Monday	Tuesday	Wednesday	Thursday	Friday
	Aug 1 No School	Aug 2 No School	Aug 3 Cinnamon Chex* (V) Orange 1% Milk	Honey Cheerios* (V) Berries 1% Milk
Aug 7 Cinnamon Toast Crunch* (V) Apples 1% Milk	Aug 8 Yogurt (V) with Crackers* Fruit Cups 1% Milk	Aug 9 Breakfast Burrito* Orange Tangerine Juice 1% Milk	Aug 10 Cinnamon Chex* (V) Orange 1% Milk	Aug 1 Honey Cheerios* (V) Berries 1% Milk
Cinnamon Toast Crunch* (V) Apples 1% Milk	Yogurt (V) with Crackers* Fruit Cups 1% Milk	Aug 16 Breakfast Burrito* Orange Tangerine Juice 1% Milk	Aug 17 Cinnamon Chex* (V) Orange 1% Milk	Aug 1 Honey Cheerios* (V) Berries 1% Milk
Aug 21 Cinnamon Toast Crunch* (V) Apples 1% Milk	Yogurt (V) with Crackers* Fruit Cups 1% Milk	Aug 23 Breakfast Burrito* Orange Tangerine Juice 1% Milk	Aug 24 Cinnamon Chex* (V) Orange 1% Milk	Aug 2 Honey Cheerios* (V) Berries 1% Milk
Aug 28 Cinnamon Toast Crunch* (V) Apples 1% Milk	Yogurt (V) with Crackers* Fruit Cups 1% Milk	Aug 30 Breakfast Burrito* Orange Tangerine Juice 1% Milk	Aug 31 Cinnamon Chex* (V) Orange 1% Milk	

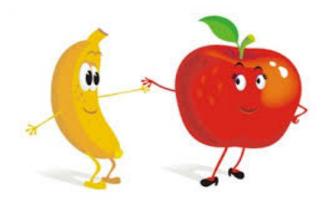
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K-8 Menu P- PRESCHOOL LUNCH



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Monday	Tuesday	Wednesday	Thursday	Friday
	Aug 1 No School	Aug 2 No School	Aug 3 Fruit & Yogurt Parfait* (V) Crackers* Salad 1% Milk	Aug Chicken Patty Sandwich* Southwest Black Beans Melons 1% Milk
Aug 7 Cheese Pizza* (V) Baby Carrots Orange 1% Milk	Aug 8 Bean & Cheese Burrito* (V) with Salsa Diced Peaches 1% Milk	Aug 9 Hamburger* with Potato Wedges Fruit Cups 1% Milk	Aug 10 Fruit & Yogurt Parfait* (V) Crackers* Salad 1% Milk	Chicken Patty Sandwich* Southwest Black Beans Melons 1% Milk
Cheese Pizza* (V) Baby Carrots Orange 1% Milk	Aug 15 Bean & Cheese Burrito* (V) with Salsa Diced Peaches 1% Milk	Aug 16 Hamburger* with Potato Wedges Fruit Cups 1% Milk	Fruit & Yogurt Parfait* (V) Crackers* Salad 1% Milk	Chicken Patty Sandwich* Southwest Black Beans Melons 1% Milk
Aug 21 Cheese Pizza* (V) Baby Carrots Orange 1% Milk	Aug 22 Bean & Cheese Burrito* (V) with Salsa Diced Peaches 1% Milk	Aug 23 Hamburger* with Potato Wedges Fruit Cups 1% Milk	Fruit & Yogurt Parfait* (V) Crackers* Salad 1% Milk	Chicken Patty Sandwich* Southwest Black Beans Melons 1% Milk
Aug 28 Cheese Pizza* (V) Baby Carrots Orange 1% Milk	Aug 29 Bean & Cheese Burrito* (V) with Salsa Diced Peaches 1% Milk	Aug 30 Hamburger* with Potato Wedges Fruit Cups 1% Milk	Fruit & Yogurt Parfait* (V) Crackers* Salad 1% Milk	

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