

Breakfast Menu K-12



August 2020

Monday	Tuesday	Wednesday	Thursday	Friday
3 Blueberry Muffin	4 Pan Dulce	5 Cereal Variety Whole Grain Bites	6 Coffee Cake	7 Cereal Variety Whole Grain Bites
10 Pan Dulce	11 Mini Wowbutter Sandwich	12 Cereal Variety Whole Grain Bites	13 Cranberry Oatmeal Round	14 Cereal Variety Whole Grain Bites
17 Banana Muffin	18 Yogurt Granola	19 Cereal Variety Whole Grain Bites	20 Coffee Cake	21 String Cheese Graham Crackers
24 Pan Dulce	25 Mini Wowbutter Sandwich	26 Cereal Variety Whole Grain Bites	27 Mango bar	28 Strawberry Muffin
31 Blueberry Muffin	1 Yogurt Granola	2 Cereal Variety Whole Grain Bites	3 Cranberry Oatmeal Round	4 Waffle Bites 
Fruit of the Day 100% Fruit Juice	Orange	Banana	Apple or Pear	Orange

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This institution is an equal opportunity provider.

All entrées offered with choice of 1% white milk or fat free white milk.

Lunch Menu K-12



August 2020

Monday	Tuesday	Wednesday	Thursday	Friday
Sandwich of the Day				
Ham & Cheese Sandwich *Contains Pork* Baby Carrots	Deli Chicken & Cheese Sandwich Jicama Sticks	Turkey & Cheese Sandwich Cucumber Slices	Wowbutter Sandwich Baby Carrots	Turkey Pastrami & Cheese Sandwich Celery Sticks
Entrée of the Day				
3 Breaded Chicken Patty Burger Oven Baked Fries Ketchup	4 Beef Nachos Popped Corn Chips	5 Teriyaki Chicken Brown Rice & Broccoli	6 Chicken Tamale Peas & Carrots	7 Baked Ziti w/ Meat Sauce
10 Chicken Enchiladas w/ Green Salsa	11 Spaghetti w/ Meat Sauce	12 Cheeseburger Oven Baked Fries Ketchup	13 Chicken Alfredo w/ Broccoli	14 Chicken Burrito Bowl w/ Brown Rice, Beans & Corn
17 Cheese Tamale Peas & Carrots	18 Grilled Chicken Sandwich Oven Baked Fries Thousand Island Dressing	19 Beef & Bean Chili Popped Corn Chips	20 Roasted Chicken Leg Mac & Cheese Carrot Coins	21 Sweet & Sour Chicken Brown Rice & Broccoli
24 Hamburger Lettuce, Tomatoes, Pickles Ketchup	25 Beef Enchilada Casserole w/ Beans & Corn	26 <i>Breakfast 4 Lunch</i> French Toast Stix, Turkey Sausage & Tots Syrup	27 Grilled Chicken Burrito Salsa Cup	28 Chicken Nuggets Mashed Potatoes
31 Breaded Chicken Patty Burger Oven Baked Fries Ketchup	1 Beef Nacho Bowl Popped Corn Chips	2 Teriyaki Chicken Brown Rice & Broccoli	3 Chicken Tamale Peas & Carrots	4 Baked Ziti w/ Meat Sauce
Fruit of the Day				
Apple Sauce	100% Fruit Juice	Apple or Pear	Banana	Orange

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Vegetarian Lunch Menu K-12



August 2020

Monday	Tuesday	Wednesday	Thursday	Friday
Entrée of the Day				
3 Vegetarian Burger Oven Baked Fries Ketchup	4 Cheese Nachos Popped Corn Chips	5 Plant-based Teriyaki "Chicken" Brown Rice & Broccoli	6 Cheese Tamale Peas & Carrots	7 Cheesy Baked Ziti w/ Marinara Sauce
10 Cheese Enchiladas w/ Green Salsa	11 Cheesy Spaghetti w/ Marinara Sauce	12 Vegetarian Cheese Burger Oven Baked Fries Ketchup	13 Plant-based "Chicken" Alfredo w/ Broccoli	14 Vegetarian Burrito Bowl w/ Brown Rice, Beans & Corn
17 Cheese Tamale Peas & Carrots	18 Vegetarian Burger Oven Baked Fries Ketchup	19 Bean & Cheese Chili Popped Corn Chips	20 Plant-Based "Chicken" Tenders Mac & Cheese Carrot Coins	21 Sweet & Sour Plant-Based "Chicken" Brown Rice & Broccoli
24 Vegetarian Burger Lettuce, Tomatoes, Pickles Ketchup	25 Cheese & Bean Enchilada Casserole w/ Beans & Corn	26 <i>Breakfast 4 Lunch</i> French Toast Stix, Plant-based "Chicken" Tenders & Tots Syrup	27 Bean & Cheese Burrito Salsa Cup	28 Plant-based "Chicken" Tenders Mashed Potatoes
31 Vegetarian Burger Oven Baked Fries Ketchup	1 Cheese Nachos Popped Corn Chips	2 Plant-based Teriyaki "Chicken" Brown Rice & Broccoli	3 Cheese Tamale Peas & Carrots	4 Cheesy Baked Ziti w/ Marinara Sauce
Fruit of the Day Apple Sauce	100% Fruit Juice	Apple or Pear	Banana	Orange

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Supper Menu

August 2020



Monday	Tuesday	Wednesday	Thursday	Friday
3 WG Chicken Alfredo Pasta (2 M/MA, 1 G/B) Steamed Broccoli (1/2 c veg)	4 Turkey & Cheese Sandwich (2 M/MA, 1/4 c veg) WG Kaiser Roll Baby Carrots (1/4)	5 WG Green Chicken Enchiladas (2M/MA, 2 G/B, 1/2 c veg)	6 Beef Chili (2 M/MA, 1/2 cup veg) WG Baked Chips (1 G/B)	7 <i>Protein Pack:</i> String Cheese (1MA) Hard Boiled Egg (1MA) WG Crackers (1 G) Baby Carrots (1/2 c)
10 <i>Breakfast 4 Dinner</i> French Toast Stix (1 G), Turkey Sausage (2 M) & Tots (1/2 c) <i>Syrup</i>	11 Wowbutter Sandwich (2M/MA, 2 G/B) Fruitable Juice (1/2 c veg)	12 Bean & Cheese Burrito (2MA, 2 G) Salas Cup (1/2 c veg)	13 WG Chicken Nuggets (2 M/MA, 1 G/B) Mashed Potatoes (1/2 c veg)	14 Build Your Own Tuna Sandwich (2 M/MA, 1/4 c veg) WG Oat-Dusted Bun (2 G) Baby Carrots (1/4)
17 Baked Ziti w/ Meat Sauce (2 M/MA, 2 G/B, 1/2 c veg)	18 Mexican Chicken Salad (2.5 M/MA, 3/4 c veg) WG Popped Nacho Chips (1 G/B) Hot Sauce	19 WG Chicken Patty Burger (1 G/B, 2M/MA) WG Bun (2 G/B) Oven Baked Fries (1/2 c veg)	20 Beef Nachos (2 M/MA, 1/2 c veg) WG Popped Corn Chips (2 G/B)	21 Deli Chicken & Cheese Sandwich (2 M/MA, 1 c veg) WG French Roll (2 G) Baby Carrots (1/4)
24 WG Chicken Tamale (2 M/MA, 2 G/B) Peas & Carrots (1/2 c veg)	25 Turkey Pastrami & Cheese Sandwich (2 M/MA, 1/4 c veg) WG French Roll (2 G) Baby Carrots (1/4 c)	26 WG Spaghetti w/ Meat Sauce (2 M/MA, 2 G/B, 1/2 c veg)	27 WG Cheeseburger (2M/MA) WG Bun (2 G/B) Oven Baked Fries (1/2 c veg)	28 Yogurt Parfait (2 MA) Mixed Berries (1/4 c) - <i>fruit of the day</i> WG Granola (1 G) Fruitable Juice (1/2 c)
31 WG Chicken Alfredo Pasta (2 M/MA, 1 G/B) Steamed Broccoli (1/2 c veg)	1 Turkey & Cheese Sandwich (2 M/MA, 1/4 c veg) WG Kaiser Roll Baby Carrots (1/4)	2 WG Green Chicken Enchiladas (2M/MA, 2 G/B, 1/2 c veg)	3 Beef Chili (2 M/MA, 1/2 cup veg) WG Baked Chips (1 G/B)	4 <i>Protein Pack:</i> String Cheese (1MA) Hard Boiled Egg (1MA) WG Crackers (1 G), Apple (1/2 c) Baby Carrots (1/2 c)
Fruit of the Day Orange	 Apple or Pear	 Banana	 100% Fruit Juice	 Dried Fruit or Apple Sauce

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Snack Menu

August 2020



Monday	Tuesday	Wednesday	Thursday	Friday
3 WG Pretzels (1 G) Fruit (3/4 c)	4 WG Rice Krispie Treat (1 G) Fruit (3/4 c)	5 WG Granola (1 G) 100% Fruit Juice (6oz)	6 WG Cheez-its (1 G) Fruit (3/4 c)	7 WG Baked Chips (1 G) Fruit (3/4 c)
10 WG Cereal Pouch (1 G) Fruit (3/4 c)	11 WG Chex Mix (1 G) Fruit (3/4 c)	12 WG Bug Bite Crackers (1 G) 100% Fruit Juice	13 Multi-Grain Bar (1 G) Fruit (3/4c)	14 Cinnamon Gripz (1 G) Fruit (3/4 c)
17 WG Corn Nuggets (1 G) Fruit (3/4 c)	18 WG Baked Chips (1 G) Fruit (3/4 c)	19 WG Animal Cackers (1 G) 100% Fruit Juice	20 Whole Grain Pop-Tart (1 G) Fruit (3/4c)	21 - global WG Mini Loaf (1 G) Fruit 3/4 c)
24 WG Pretzels (1 G) Fruit (3/4 c)	25 WG Rice Krispie Treat (1 G) Fruit (3/4 c)	26 WG Granola (1 G) 100% Fruit Juice (6oz)	27 WG Cheez-its (1 G) Fruit (3/4 c)	28 WG Baked Chips (1 G) Fruit (3/4 c)
31 WG Cereal Pouch (1 G) Fruit (3/4 c)	1 WG Chex Mix (1 G) Fruit (3/4 c)	2 WG Bug Bite Crackers (1 G) 100% Fruit Juice	3 Multi-Grain Bar (1 G) Fruit (3/4c)	4 Cinnamon Gripz (1 G) Fruit (3/4 c)

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