



August 2022 Breakfast Menu "A"



Monday	Tuesday	Wednesday	Thursday	Friday
DAILY CEREAL OPTION				
Cereal w/ Honey Grahams	Cereal w/ Cinnamon Grahams	Cereal w/ Honey Grahams <i>(w/ whole fruit on 8/10)</i>	Cereal w/ Cinnamon Grahams	Cereal w/ Honey Grahams
FEATURED ENTRÉE OF THE DAY				
1	2	3	4	5
Pan Dulce	Breakfast Cheese Tamale	Banana Bread	Mini Maple Waffle	Cranberry Oatmeal Round
<i>Orange (1/2 c) & Whole Fruit (1/2 c)</i>	<i>Banana (1/2 c) & Whole Fruit (1/2 c)</i>	<i>Pear (1/2 c) & Whole Fruit (1/2 c)</i>	<i>Orange (1/2 c) & Whole Fruit (1/2 c)</i>	<i>Apple (1/2 c) & Whole Fruit (1/2 c)</i>
8	9	10	11	12
Cinnamon Delight	Bean & Cheese Burrito <i>Hot Sauce</i>	Yogurt Parfait w/ Fruit Honey Grahams	French Toast Slice	Coffee Cake
<i>Orange (1/2 c) & Whole Fruit (1/2 c)</i>	<i>Banana(1/2 c) & Whole Fruit (1/2 c)</i>	<i>Whole Fruit (1/2 c)</i>	<i>Orange (1/2 c) & Whole Fruit (1/2 c)</i>	<i>Apple (1/2 c) & Whole Fruit (1/2 c)</i>
15	16	17	18	19
Pan Dulce	Mini Maple Waffle	Mantecada	Chicken Sausage & Cheese Breakfast Sandwich	Banana Bread
<i>Orange (1/2 c) & Whole Fruit (1/2 c)</i>	<i>Banana(1/2 c) & Whole Fruit (1/2 c)</i>	<i>Pear (1/2 c) & Whole Fruit (1/2 c)</i>	<i>Orange (1/2 c) & Whole Fruit (1/2 c)</i>	<i>Apple (1/2 c) & Whole Fruit (1/2 c)</i>
22	23	24	25	26
Whole Grain Bagel w/ Strawberry Cream Cheese	Cinnamon Pancakes <i>Syrup</i>	Orange Muffin	Chicken Strip & Waffle <i>Syrup</i>	Vanilla Mini Loaf & String Cheese
<i>Orange (1/2 c) & Whole Fruit (1/2 c)</i>	<i>Banana(1/2 c) & Whole Fruit (1/2 c)</i>	<i>Pear (1/2 c) & Whole Fruit (1/2 c)</i>	<i>100% Fruit Juice (4 oz) & Whole Fruit (1/2 c)</i>	<i>Apple (1/2 c) & Whole Fruit (1/2 c)</i>
29	30	31	1	2
Chocolate Chip Muffin Flat	Bean & Cheese Burrito <i>Hot Sauce</i>	Banana Bread	Egg & Cheese Breakfast Sandwich	Cinnamon Delight
<i>Orange (1/2 c) & Whole Fruit (1/2 c)</i>	<i>Banana(1/2 c) & Whole Fruit (1/2 c)</i>	<i>Pear (1/2 c) & Whole Fruit (1/2 c)</i>	<i>100% Fruit Juice (4 oz) & Whole Fruit (1/2 c)</i>	<i>Apple (1/2 c) & Whole Fruit (1/2 c)</i>
All entrées served with choice of 1% milk or fat free milk. All grain items offered are Whole Grain Rich. This institution is an equal opportunity provider. Menus are subject to change without notice.				



August 2022 K-8 Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
WEEKLY 5 FAVE				
Cheeseburger Oven Baked Fries <i>Ketchup</i>	Cheese Lasagna w/ Tomato Basil Sauce	Beef Nachos <i>w/ Original Popped Chips</i>	Chicken Tamale w/ Seasoned Corn	Beef, Bean & Cheese Burrito <i>Hot Sauce</i>
SANDWICH OF THE DAY				
Turkey & Cheese Sandwich on French Roll <i>Mayonnaise Side of Baked Fries w/ Ketchup</i>	Beef Pastrami & Cheese Sandwich <i>Mayonnaise Baby Carrots (1/4 c)</i>	Turkey Breast Club Sandwich <i>Mayonnaise Nacho Chips w/ Bean Dip</i>	Italian Turkey Submarine <i>Fruitable Juice (4 oz)</i>	Pinwheel Smoked Turkey & Cheese Sandwich <i>Mayonnaise</i>
FEATURED ENTRÉE OF THE DAY				
1	2	3	4	5
Chicken Patty Burger Oven Baked Fries <i>Ketchup</i>	Chicken Enchiladas w/ Creamy Green Salsa	Beef Chili <i>w/ Tortilla Chips</i>	Chicken Nuggets Mashed Potatoes <i>Ketchup</i>	Mac & Cheese <i>Whole Grain Oatmeal Cookie</i>
<i>Oven Baked Fries in Meal</i>	<i>Baby Carrots (1/2 c)</i>	<i>Cucumber Slices w/Tajin (1/4 c)</i>	<i>Baby Carrots (1/4 c)</i>	<i>House Salad w/ Italian</i>
<i>Apple</i>	<i>Orange</i>	<i>Banana</i>	<i>Pear</i>	<i>Orange</i>
8	9	10	11	12
Cheeseburger Oven Baked Fries <i>Ketchup</i>	Chicken Alfredo Pasta w/ Broccoli	Chicken Burrito Bowl <i>Whole Grain Oatmeal Cookie</i>	Breakfast for Lunch: Pancake, Chicken Sausage Links & Seasoned Potatoes <i>Syrup</i>	Chicken Parm Sandwich
<i>Oven Baked Fries in Meal</i>	<i>Baby Carrots (1/2 c)</i>	<i>Jicama Sticks w/ Tajin (1/4 c)</i>	<i>Baby Carrots (1/4 c)</i>	<i>Mixed Green Salad w/ Ranch</i>
<i>Apple</i>	<i>Orange (1/2 c)</i>	<i>Banana</i>	<i>Pear</i>	<i>Orange</i>
15	16	17	18	19
Beef Hot Dog Oven Baked Fries <i>Ketchup</i>	Spaghetti & Meatballs	Chicken Fajitas w/ Refried Beans & Peppers Tortillas	Popcorn Chicken w/ Cheesy Mash & Corn	Hamburger <i>Whole Grain Sugar Cookie Ketchup</i>
<i>Oven Baked Fries in Meal</i>	<i>Baby Carrots (1/2 c)</i>	<i>Cucumber Slices w/Tajin (1/4 c)</i>	<i>Baby Carrots (1/4 c)</i>	<i>Lettuce, Tomato & Pickle Kit</i>
<i>Apple</i>	<i>Orange</i>	<i>Banana</i>	<i>Pear</i>	<i>Orange</i>
22	23	24	25	26
Turkey Taco Burger Oven Baked Fries <i>Ketchup</i>	Chicken Teriyaki Chow Mein Noodles	Chicken Chile Verde w/ Pinto Beans & Rice <i>Nacho Popped Chips</i>	Bake Ziti w/ Meat Sauce	Beef Rib-A- Que Sandwich
<i>Oven Baked Fries in Meal</i>	<i>Baby Carrots (1/2 c)</i>	<i>Jicama Sticks w/ Tajin (1/4 c)</i>	<i>Baby Carrots (1/4 c)</i>	<i>Romaine Salad w/ Ranch</i>
<i>Apple</i>	<i>100% Fruit Juice</i>	<i>Banana</i>	<i>Pear</i>	<i>Orange</i>
29	30	31	1	2
Chicken Patty Burger Oven Baked Fries <i>Ketchup</i>	Chicken Enchiladas w/ Creamy Green Salsa	Turkey Chili <i>w/ Tortilla Chips</i>	Breakfast for Lunch: Pancake, Chicken Sausage & Seasoned Potatoes <i>Syrup</i>	Mac & Cheese <i>Whole Grain Oatmeal Cookie</i>
<i>Oven Baked Fries in Meal</i>	<i>Baby Carrots (1/2 c)</i>	<i>Cucumber Slices w/Tajin (1/4 c)</i>	<i>Baby Carrots (1/4 c)</i>	<i>House Salad w/ Italian</i>
<i>Apple</i>	<i>100% Fruit Juice</i>	<i>Banana</i>	<i>Pear</i>	<i>Orange</i>
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