

# August 2016

M	T	W	T	F
	<p><b>Aug 16</b></p> <ul style="list-style-type: none"> <li>- All Natural Cheeseburger on a Whole Grain Bun with Ketchup (50)</li> <li>- BBQ Chicken Sandwich on a Whole Grain Bun (20)</li> <li>- Chicken Salad Sub on Whole Grain Bun (5)</li> <li>- UPDATED!! Veggie Chef's Salad with Croutons, Yogurt Ranch Dressing and Whole Grain Dinner Roll (5)</li> <li>- Cinnamon Crumble with Fresh Fruit (15)</li> <li>- All Natural Granola with Yogurt and Fresh Fruit (15)</li> <li>- Fresh Fruit - 2nd Piece (10)</li> <li>- Hot Sauce (for lunch meals) (80)</li> <li>- Milk: 0%, half-pint (11)</li> <li>- Milk: 1%, half-pint (44)</li> <li>- Fresh Fruit with 2nd Fruit Component (41)</li> <li>- Chopped Romaine Lettuce (38)</li> <li>- Sliced Tomatoes (38)</li> </ul>	<p><b>Aug 17</b></p> <ul style="list-style-type: none"> <li>- NEW!! Baked Mac &amp; Cheese and Chicken Bites Lunch Combo with BBQ Sauce Packet on the Side (35)</li> <li>- Pizza Panada Pie (35)</li> <li>- Roast Turkey and Cheese Sub on Whole Grain Roll with Mayonnaise on the Side (10)</li> <li>- Blueberry Muffin with Orange Juice (15)</li> <li>- Plain Whole Wheat Bagel with Cream Cheese and Orange Juice (15)</li> <li>- Fresh Fruit - 2nd Piece (10)</li> <li>- Hot Sauce (for lunch meals) (80)</li> <li>- Milk: 0%, half-pint (11)</li> <li>- Milk: 1%, half-pint (44)</li> <li>- Fresh Fruit with 2nd Fruit Component (41)</li> <li>- Seasoned Corn (41)</li> </ul>	<p><b>Aug 18</b></p> <ul style="list-style-type: none"> <li>- Breakfast for Lunch: Pancakes with Cheese Omelet, Dick and Jane Smart Crackers, Syrup and Ketchup (30)</li> <li>- Chicken Teriyaki with Brown Rice (40)</li> <li>- Ham and Cheese Sub on a Whole Grain Roll with Mayonnaise on the Side (5)</li> <li>- Honey Mustard Chicken Wrap with Goldfish Pretzels (5)</li> <li>- Revolution Foods Flurries with Fresh Fruit (15)</li> <li>- Dipper Doodle Bar with Fresh Fruit (15)</li> <li>- Fresh Fruit - 2nd Piece (10)</li> <li>- Hot Sauce (for lunch meals) (80)</li> <li>- Milk: 0%, half-pint (11)</li> <li>- Milk: 1%, half-pint (44)</li> <li>- Fresh Fruit with 2nd Fruit Component (41)</li> <li>- Chilled, Seasoned Green Beans (41)</li> </ul>	<p><b>Aug 19</b></p> <ul style="list-style-type: none"> <li>- Jumbo Italian Meatball with Penne Pasta and Mozzarella Cheese (40)</li> <li>- Cheese Tamale with Brown Rice and Seasoned Black Beans (30)</li> <li>- BBQ Chicken Wrap with BBQ Ranch Yogurt Dressing (10)</li> <li>- NEW!! French Toast Muffin with Orange Juice (30)</li> <li>- Fresh Fruit - 2nd Piece (9)</li> <li>- Hot Sauce (for lunch meals) (80)</li> <li>- Milk: 0%, half-pint (11)</li> <li>- Milk: 1%, half-pint (44)</li> <li>- Fresh Fruit with 2nd Fruit Component (40)</li> <li>- Steamed Carrots (40)</li> </ul>
<p><b>Aug 22</b></p> <ul style="list-style-type: none"> <li>- Meatless "Pepperoni" Calzoni with Revolution Foods Rumbles Whole Grain Crisps: Salsa Fresca (40)</li> <li>- Chicken Taco Trio with Brown Rice (30)</li> <li>- Chicken Salad Sub on Whole Grain Bun (10)</li> <li>- Revolution Foods Cocoa Bops with Fresh Fruit (30)</li> <li>- Fresh Fruit - 2nd Piece (9)</li> <li>- Hot Sauce (for lunch meals) (80)</li> </ul>	<p><b>Aug 23</b></p> <ul style="list-style-type: none"> <li>- NEW!! Lone Star Oven Roasted Chicken Breast Sandwich with BBQ Sauce Packet on the Side and Rev Foods Whole Grain Crackers (40)</li> <li>- Breakfast for Lunch: Pancakes with Chicken Sausage, Syrup and Yogurt (30)</li> <li>- Ham and Cheese Sub on a Whole Grain Roll with Mayonnaise on the Side (10)</li> <li>- Lemon Muffin with Fresh Fruit (15)</li> <li>- All Natural Granola with Yogurt and Fresh Fruit (15)</li> </ul>	<p><b>Aug 24</b></p> <ul style="list-style-type: none"> <li>- Chicken Bites with Whole Grain Dinner Roll and Ketchup (40)</li> <li>- Cheese Enchiladas with Brown Rice (30)</li> <li>- Honey Mustard Chicken Wrap with Goldfish Pretzels (10)</li> <li>- Whole Wheat Bagel with Turkey, Cream Cheese and Orange Juice (30)</li> <li>- Fresh Fruit - 2nd Piece (9)</li> <li>- Ranch Dressing (for vegetable of the day) (80)</li> </ul>	<p><b>Aug 25</b></p> <ul style="list-style-type: none"> <li>- All Natural Hot Dog on a Whole Grain Bun with Ketchup (40)</li> <li>- Cheese Pizza on Whole Grain Crust with All Natural Raisins (K-12 only) and 2nd Fruit Component (30)</li> <li>- BBQ Chicken Wrap with BBQ Ranch Yogurt Dressing (5)</li> <li>- Roast Turkey and Cheese Sub on Whole Grain Roll with Mayonnaise on the Side (5)</li> <li>- Apple Cinna-Grins Cereal and Hard Boiled Egg with Fresh Fruit (30)</li> </ul>	<p><b>Aug 26</b></p> <ul style="list-style-type: none"> <li>- Kickin Chicken Melt Sandwich with Revolution Foods Rumbles Whole Grain Crisps: Ranch (40)</li> <li>- Beef, Bean, and Cheese Burrito (30)</li> <li>- Chillin Chinese Chicken Noodles with Sesame Soy Dressing and Goldfish Pretzels (10)</li> <li>- Banana Muffin with Orange Juice (15)</li> <li>- Whole Wheat Bagel with Cheddar Cheese and Orange Juice (15)</li> <li>- Fresh Fruit - 2nd Piece (10)</li> <li>- Hot Sauce (for lunch meals) (80)</li> </ul>

<ul style="list-style-type: none"> <li>- Milk: 0%, half-pint (11)</li> <li>- Milk: 1%, half-pint (44)</li> <li>- Fresh Fruit with 2nd Fruit Component (40)</li> <li>- Seasoned Blanched Broccoli Florets (40)</li> </ul>	<ul style="list-style-type: none"> <li>- Fresh Fruit - 2nd Piece (10)</li> <li>- Hot Sauce (for lunch meals) (80)</li> <li>- Milk: 0%, half-pint (11)</li> <li>- Milk: 1%, half-pint (44)</li> <li>- Fresh Fruit with 2nd Fruit Component (40)</li> <li>- Pinto Beans (40)</li> <li>- Grape Tomatoes (40)</li> </ul>	<ul style="list-style-type: none"> <li>- Hot Sauce (for lunch meals) (80)</li> <li>- Milk: 0%, half-pint (11)</li> <li>- Milk: 1%, half-pint (44)</li> <li>- Fresh Fruit with 2nd Fruit Component (40)</li> <li>- Fresh Cucumber Slices (40)</li> </ul>	<ul style="list-style-type: none"> <li>- Fresh Fruit - 2nd Piece (9)</li> <li>- Hot Sauce (for lunch meals) (80)</li> <li>- Milk: 0%, half-pint (11)</li> <li>- Milk: 1%, half-pint (44)</li> <li>- Fresh Fruit with 2nd Fruit Component (41)</li> <li>- Potato Salad (41)</li> </ul>	<ul style="list-style-type: none"> <li>- Milk: 0%, half-pint (11)</li> <li>- Milk: 1%, half-pint (44)</li> <li>- Fresh Fruit with 2nd Fruit Component (40)</li> <li>- Steamed Carrots (40)</li> </ul>
<p><b><u>Aug 29</u></b></p> <ul style="list-style-type: none"> <li>- Pizza Panada Pie (30)</li> <li>- Turkey and Cheddar Flatbread Sandwich with BBQ Sauce Packet on the Side (30)</li> <li>- Chicken Caesar Wrap with Caesar Dressing (10)</li> <li>- Chicken Salad Sub on Whole Grain Bun (10)</li> <li>- Revolution Foods Honey Buttons with Fresh Fruit (15)</li> <li>- All Natural Granola with Yogurt and Fresh Fruit (15)</li> <li>- Fresh Fruit - 2nd Piece (10)</li> <li>- Hot Sauce (for lunch meals) (80)</li> <li>- Milk: 0%, half-pint (11)</li> <li>- Milk: 1%, half-pint (44)</li> <li>- Fresh Fruit with 2nd Fruit Component (40)</li> <li>- Seasoned Corn (40)</li> </ul>	<p><b><u>Aug 30</u></b></p> <ul style="list-style-type: none"> <li>- All Natural Cheeseburger on a Whole Grain Bun with Ketchup (40)</li> <li>- BBQ Chicken Sandwich on a Whole Grain Bun (40)</li> <li>- Plain Whole Wheat Bagel with Cream Cheese and Fresh Fruit (30)</li> <li>- Fresh Fruit - 2nd Piece (9)</li> <li>- Hot Sauce (for lunch meals) (80)</li> <li>- Milk: 0%, half-pint (11)</li> <li>- Milk: 1%, half-pint (44)</li> <li>- Fresh Fruit with 2nd Fruit Component (40)</li> <li>- Chopped Romaine Lettuce (40)</li> <li>- Sliced Tomatoes (40)</li> </ul>	<p><b><u>Aug 31</u></b></p> <ul style="list-style-type: none"> <li>- Firecracker Chicken with Spicy Sesame Noodles and Goldfish Pretzels (30)</li> <li>- Breakfast for Lunch: Pancakes with Cheese Omelet, Dick and Jane Smart Crackers, Syrup and Ketchup (30)</li> <li>- Honey Mustard Chicken Wrap with Goldfish Pretzels (10)</li> <li>- Ham and Cheese Sub on a Whole Grain Roll with Mayonnaise on the Side (10)</li> <li>- NEW!! French Toast Muffin with Orange Juice (30)</li> <li>- Fresh Fruit - 2nd Piece (9)</li> <li>- Hot Sauce (for lunch meals) (80)</li> <li>- Milk: 0%, half-pint (11)</li> <li>- Milk: 1%, half-pint (44)</li> <li>- Fresh Fruit with 2nd Fruit Component (40)</li> <li>- Edamame (40)</li> <li>- Fresh Baby Carrots (40)</li> </ul>		