

K-12 August

LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29	30	31	1	2
5	6	7	8	9
12	13	14	<ul style="list-style-type: none"> cheeseburger beef burger (DF) penne pasta w/ meat sauce (DF) philly cheesesteak calzoni veggie chef salad (VG) lettuce & tomatoes 	<ul style="list-style-type: none"> breakfast for lunch: pancakes w/ sausage pancakes w/ omelet (VG) hot dog (DF) turkey & cheese sandwich steamed corn
<ul style="list-style-type: none"> chicken taco trio bean & cheese pupusa (VG) mighty meaty deli seasoned green beans 	<ul style="list-style-type: none"> mac & cheese w/ chicken bites Greek meatball flatbread (DF) hummus dippers (VG) green peas 	<ul style="list-style-type: none"> pepperoni pizza cheese pizza (VG) sw veggie wrap (VG) carrots w/ ranch 	<ul style="list-style-type: none"> spaghetti meatballs (DF) spaghetti marinara (VG) bbq vegan calzoni (VG)(DF) veggie chef salad three bean salad 	<ul style="list-style-type: none"> hot dog (DF) cheesy ravioli (VG) chicken caesar salad broccoli & carrot salad
<ul style="list-style-type: none"> chili cheese tamale (VG) chicken chili tamale (DF) bbq chicken sandwich taco dippers kit (VG) chili citrus corn 	<ul style="list-style-type: none"> spicy popcorn chicken sandwich pasta alfredo (VG) cheeseburger turkey & cheddar sandwich steamed carrots 	<ul style="list-style-type: none"> pepperoni pizza cheese pizza (VG) veggie chef salad (VG) seasoned beans & corn 	<ul style="list-style-type: none"> pepper jack cheeseburger beef burgers (DF) cheesy beef nacho dip veggie chef salad lettuce & tomatoes w/ ranch 	<ul style="list-style-type: none"> pancakes w/ sausage pancakes w/ omelet (VG) *NEW* bbq chicken plate buffalo chicken wrap coleslaw

Did you know?

Carrots aren't always orange! They can come in many colors, such as purple, yellow or even white. In fact, different colors indicate a variety of nutrients that your body needs to thrive. Carrots are an excellent source of beta-carotene, which our bodies turn into Vitamin A.



DAIRY-FREE (DF) and **VEGETARIAN (V)** options available daily – if not listed on the menu, available upon request.
VEGETABLE OF THE DAY: Carrots

LUNCH: choice of 1% or fat-free milk; fresh fruit available daily.