

Lunch orders must be placed through Lunch Direct by **Wednesday** for the following week.

# AUGUST 2021

## SOUTHMINSTER SCHOOL

Lunches Provided By:  
 Roadrunner Foods  
 (p) 281-565-7902  
 (f) 281-565-7904  
 RoadrunnerFoodService.com

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

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Lunch orders must be placed on Lunch Direct by today in order to receive lunch on the 16<sup>th</sup>.

**BREAKFAST FOR LUNCH!**

16

Buttermilk Waffles w/ Syrup  
 Oven Baked Chicken Tenders  
 Potatoes O' Brien w/ Tri-Colored Bell Peppers & Onions  
 Seasonal Fresh Fruit

V: Veggie Sausage Patty

17

Oven Baked Fish Sticks  
 Steamed White Rice  
 Peas & Carrots Mix  
 Cinnamon Baked Pears

V: Veggie Nuggets

18

Spaghetti w/ Beef Bolognese  
 Green Beans  
 Wheat Roll  
 Seasonal Fresh Fruit

V: Spaghetti w/ Marinara Sauce

19

Chicken Teriyaki Fried Rice w/ Mixed Veggies  
 Crinkle Cut Carrots  
 Wheat Roll  
 Seasonal Fresh Fruit

V: Teriyaki Fried Rice w/ "Veggie" Chicken

20

Oven Baked Cheese Pizza  
 Buttered Corn  
 Cinnamon Baked Apples

23

Fettucine Alfredo W/ Grilled Chicken  
 Wheat Roll  
 Crinkle Cut Carrots  
 Seasonal Fresh Fruit

V: Fettucine Alfredo

24

Ground Turkey Soft Taco w/ Monterey Jack Cheese  
 Spanish Rice w/ Mixed Veggies  
 Refried Beans  
 Seasonal Fresh Fruit

V: Bean & Cheese Taco

25

Crispy Chicken Sandwich  
 Mashed Potatoes  
 Sweet Peas  
 Seasonal Fresh Fruit

V: Veggie Burger

26

Sliced Turkey and Cheddar Cheese Wrap w/ Lite Ranch  
 Pretzels & Cheddar Cheese Cubes  
 Seasonal Fresh Fruit

V: Sunbutter & Jelly Sandwich

27

Oven Baked Cheese Pizza  
 Green Beans  
 Cinnamon Baked Apples

30

Grilled Teriyaki Chicken Breast over Steamed Rice  
 Steamed Broccoli  
 Cinnamon Baked Pears

V: Veggie Teriyaki "Chicken" Strips

31

Bow Tie Pasta in a Lemon Butter Sauce w/ Grilled Chicken & Broccoli  
 Crinkle Cut Carrots  
 Wheat Roll  
 Seasonal Fresh Fruit

V: Bow Tie Pasta w/ Veggie "Chicken"



**SIGN UP NOW TO ORDER SCHOOL LUNCHES!**

[WWW.LUNCHDIRECT.COM](http://WWW.LUNCHDIRECT.COM)

SCHOOL CODE: **420042**

Each day your child will get a choice between three alternative entrées. Either **A: Grilled Cheese** **B: Cheesy Chicken, Broccoli, & Rice Casserole** or

**C: Oven Baked Chicken Tenders.** These alternative items will replace the entrée for the day; all sides will remain the same.

**\*All menu items are subject to change without notice due to availability, freshness, and quality of ingredients\***

