

SCHOOL LUNCH MENU

WEEK: August 29 – Sept. 2

MILK Card #	PROTEIN-RICH FOOD	VEGETABLES OR FRUIT			BREAD- ENRICHED OR WHOLE GRAIN	OTHER FOODS
				OTHER		
1/2 pt.	Pizza	Tossed Salad	California Blend Veg.	½ Orange Fruit juice HS		Whole wheat sugar cookies
½ pt	Oven Fried Chicken	Green Beans	Sweet Potato Crunch	Peaches Fresh Fruit HS	Roll	
1/2 pt.	Sloppy Joe	Baked Beans	Carrot & celery sticks	Pears Fruit Juice HS		
1/2 Pt.	Lasagna	Tossed Salad	Strawberries	Pineapple tidbits Fresh Fruit HS	Roll	
1/2 pt.	Fish Sandwich	Potato wedges lettuce	Cole Slaw	Mixed Fruit Fresh Fruit HS		

SCHOOL BREAKFAST MENU

WEEK: August 29 – Sept. 2

MILK	PROTEIN-RICH FOOD	VEGETABLES OR FRUIT			BREAD- ENRICHED OR WHOLE GRAIN	OTHER FOODS
			OTHER			
1/2 pt.	* Blueberry Muffin	Fruit	Juice			
1/2 pt.	* Sausage / Cheese Biscuit	Fruit	Juice			
1/2 pt.	* Breakfast Pizza	Fruit	Juice			
1/2 pt.	* \Biscuit & Gravy	Fruit	Juice			
1/2 pt.	* Scrambled Eggs/Toast	Fruit	Juice			

*** May substitute cereal and toast**