

August 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			fresh-cut cantaloupe wedge ** whole or 1% milk **	sliced apples in juice ** whole or 1% milk **
			homestyle meatloaf or <i>Tex-Mex stuffed peppers-V</i> in a light tomato brown gravy whole grain cornbread mashed potatoes steamed cut green beans ** mozzarella cheese stick 100% juice	<i>grilled bean/cheese burrito-V</i> in a whole grain tortilla wild & brown rice w/spinach mixed fruit in juice <i>fresh mild salsa</i> 1% milk ** crunchy trail mix 100% juice
5	6	7	8	9
toasted oats cereal and raisins 100% fruit juice **	fresh banana ** whole or 1% milk **	<i>fresh baked whole grain</i> apple n' oats muffin 100% fruit juice **	pineapple chunks in juice ** whole or 1% milk **	<i>fresh baked whole grain</i> warm biscuit & jelly 100% fruit juice **
savory beef meatballs <i>savory veggieballs-V</i> in a vegetable brown sauce whole wheat roll mashed potatoes steamed cut green beans **	Hawaiian chicken sam'ich or <i>white bean "burger"-V</i> whole wheat burger bun brown sugar carrot coins Island potato & pasta salad ketchup **	Italian beef pizza wrap or <i>Italian pizza wrap-V</i> with mozzarella cheese & sauce in a whole grain tortilla lotsa bean pasta salad mixed fruit in juice **	baked chicken pasta or <i>baked cheesy pasta-V</i> with whole grain rotini Italian veggie medley <i>fresh leafy salad greenz'</i> reduced calorie ranch **	turkey corny dog, or <i>vegetable frank-V</i> whole wheat coney bun ** bbq white beans steamed broccoli cuts **
banana pudding & grahams 100% juice	cheese squares & crackers 100% juice	Texas honey cornbread-margarine 1% milk	<i>fresh seasonal</i> apple 1% milk	cheddar goldfish 1% milk
12	13	14	15	16
whole grain cereal medley <i>whole corn & 'bls of frosted flakes'</i> 100% fruit juice **	whole wheat bread slice with european margarine 100% fruit juice **	<i>fresh baked whole grain</i> peach n' yogurt muffin 100% fruit juice **	<i>seasonally sourced</i> fresh orange ** whole or 1% milk **	whole wheat french toast and syrup 100% fruit juice **
beef burger patty or <i>lentil "burger" patty-V</i> whole wheat burger bun baked tater wedge steamed carrot coins ketchup **	grilled cheese quesadilla Spanish-style brown rice seasoned black beans fresh cucumber slices reduced calorie ranch 1% milk **	chicken breast nuggets or <i>breaded vegetable nuggets-V</i> with whole grain breading sweet potatoes buttered cut corn ketchup **	classic red meatsauce or <i>classic hearty red sauce-V</i> & whole-grain spaghetti steamed cut green beans <i>fresh leafy salad greenz'</i> reduced calorie ranch **	King Ranch enchilada "bake"-V with whole corn tortillas ranchero pinto beans confetti squash medley <i>fresh mild salsa</i> 1% milk **
chilled diced pears in juice 1% milk	<i>fresh-cut seasonal</i> melon 1% milk	fresh banana 1% milk	crunchy cheese crackers 100% juice	vanilla pudding & grahams 100% juice
19	20	21	22	23
wheat raisin bagel with grape/apple jelly 100% fruit juice **	<i>seasonally sourced</i> fresh orange ** whole or 1% milk **	<i>fresh baked whole grain</i> carrot spice muffin 100% fruit juice **	tropical fruit mix ** whole or 1% milk **	fresh-cut cantaloupe wedge ** whole or 1% milk **
"sloppy Joe" beef or <i>"sloppy Joe crumbles"-V</i> whole wheat burger bun oven potatoes, diced steamed broccoli cuts ketchup **	cheddar cheese & MAC with whole grain shells steamed green peas <i>fresh leafy salad greenz'</i> reduced calorie ranch 1% milk **	baked steak fritters or vegetable "fried" steak-V with whole grain breading mashed potatoes steamed cut green beans ketchup **	Southern smothered chicken or Southern white beans in gravy-V over whole grain noodles black-eyed peas steamed carrot coins watermelon squares **	<i>warm "Greek" pita-V</i> roasted beans/cht in a w.w. pocket chickpea, potato & cuke salad sliced pears in juice tzatziki sauce 1% milk **
<i>fresh seasonal</i> apple 1% milk	crunchy trail mix 100% juice	pineapple chunks in juice 1% milk	cucumber slices & light ranch 1% milk	cheese squares & crackers 100% juice
26	27	28	29	30
toasted oats cereal and raisins 100% fruit juice **	<i>seasonally sourced</i> fresh orange ** whole or 1% milk **	<i>fresh baked whole grain</i> real blueberry n' oats muffin 100% fruit juice **	applesauce ** whole or 1% milk **	whole grain french toast and syrup 100% fruit juice **
turkey frank, or <i>baked falafel nuggets-V</i> whole wheat coney bun baked tater wedge, ketchup steamed mixed vegetables 1% milk **	tex-mex taco beef or <i>tex-mex taco "crumbles"-V</i> whole wheat flour tortilla shredded cheddar cheese refried pinto beans confetti corn medley **	baked BBQ chicken or <i>baked BBQ veggie bites-V</i> served chopped with mild bbq sau whole wheat bread slice sweet potatoes steamed broccoli cuts **	beef meatballs Romano or <i>veggieballs Romana-V</i> whole wheat breadstick steamed cut green beans <i>fresh leafy salad greenz'</i> reduced calorie ranch **	chicken "fried" brown rice or <i>vegetable "fried" brown rice-V</i> with peas, carrots, and more... mandarin oranges in juice <i>fresh cucumber slices</i> reduced calorie ranch **
<i>fresh seasonal</i> apple 1% milk	cheddar goldfish 100% juice	<i>fresh-cut seasonal</i> melon 1% milk	cheese n' whole wheat roll 1% milk	vanilla pudding & grahams 100% juice



committed to providing
freshness, variety,
and good nutrition
on a daily basis



lean meats
chicken breast meat
*
only fresh or frozen
veggies
*
fresh or natural juice
fruit
*
always whole grains



all food
produced
in a TDA
inspected
kitchen



"always
BAKED,
never
fried"



this menu contains:
no pork
or pork products
no peanuts
or peanut products



Notes: