

AUGUST 28 - SEPTEMBER 22


MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

The "Healthier"  indication on Entrees means <350 cal, <5 g sat. fat, on Soup, Salad, Sides means <250 cal, <5 g sat. fat, on Baked Goods means <230 cal, <5 g fat

Vegetarian Option 
Low Fat Option 
Healthier Option 



Salad Bar and Fresh Fruit
always available for lunch/brunch/dinner.

This institution is an equal opportunity provider. Menu subject to change.

<p>28</p> <p>Breakfast Banana Cinnamon Oatmeal Scrambled Egg Turkey Bacon Whole Grain Cereal, Fruited Yogurt, 1% Milk</p> <p>Lunch Macaroni Salad BBQ Pulled Pork or Chicken Grilled Veggie Chicken Sandwich </p> <p>Whole Grain Bun Fresh Steamed Broccoli Sweet Corn Apple Slices or Fresh Grapes Snack: Whole Grain Goldfish Apple Juice</p>	<p>29</p> <p>Breakfast Fresh Whole Orange Whole Grain Croissant Turkey Sausage Patty Whole Grain Cereal, 1% Milk</p> <p>Lunch Asian Spinach Salad Teriyaki Beef or Chicken Vegetarian Teriyaki Chicken </p> <p>Lo Mein or Brown Rice Stir Fry Veggies Mandarin Oranges or Fresh Fruit Salad Snack: Whole Grain Pretzels Fruit Cup</p>	<p>30</p> <p>Breakfast Fresh Fruit Whole Grain Biscuit Chicken Tender Whole Grain Cereal, Fruited Yogurt, 1% Milk</p> <p>Lunch Greek Salad Southwest Philly Cheesesteak Cheese Enchiladas Vegetarian Cheesesteak </p> <p>Whole Grain Sub Roll Spiced Pinto Beans Cut Melon or Applesauce Snack: WG Popcorn Apple Slices</p>	<p>31</p> <p>Breakfast Peach Cup Whole Grain Mini French Toast Whole Grain Cereal, 1% Milk</p> <p>Lunch Great Green Salad Whole Grain Turkey Pepperoni Pizza Whole Grain Cheese Pizza </p> <p>Whole Grain Crust Sweet Potato Fries Banana or Orange Sections Snack: Teddy Grahams Yogurt</p>	<p>Sep 1</p> <p>Breakfast Apple Slices Whole Grain Biscuit Chicken Sausage Patty Whole Grain Cereal, Fruited Yogurt, 1% Milk</p> <p>Lunch Farmer's Salad Chicken Tenders Vegetarian Chicken Salad </p> <p>Whole Grain Biscuit Roasted Potato Fries Chilled Pineapple or Strawberries</p>
<p>4</p> <p>No School</p>	<p>5</p> <p>Breakfast Fruit Salad Whole Grain Bagel Cheese Grits Turkey Sausage 1% Milk</p> <p>Lunch Orange Romaine Salad Breaded Fish Sandwich "Fishless" Fish Sticks </p> <p>Whole Grain Macaroni & Cheese Sauteed Fresh Broccoli Mandarin Oranges Snack: Whole Grain Pretzels Apple Juice</p>	<p>6</p> <p>Breakfast Peaches Whole Grain Croissant Turkey Bacon Fruited Yogurt, 1% Milk</p> <p>Lunch Marinated Cucumber & Tomatoes Grilled Chicken Caesar Salad  Grilled Veggie Chicken Caesar Salad </p> <p>Whole Grain Toasted Pita Chips Banana Snack: Teddy Grahams Fruit Cup</p>	<p>7</p> <p>Breakfast Sliced Apples Whole Grain Mini Pancakes Hard Boiled Egg 1% Milk</p> <p>Lunch South Beach Chopped Salad Beef Chili Vegetarian Chili </p> <p>Whole Grain Brown Rice Pilaf Roasted Green Beans Oranges Snack: Multigrain Sunchips Apple</p>	<p>8</p> <p>Breakfast Mandarin Oranges Whole Grain Biscuit Hashbrown Chicken Sausage Patty Whole Grain Cereal, Fruited Yogurt, 1% Milk</p> <p>Lunch Green Salad Oven Roasted Chicken Wings  Vegetarian Chicken Strips </p> <p>Whole Grain Roll Roasted Potato Wedges Grapes</p>
<p>11</p> <p>Breakfast Fruit Cup Whole Grain Donut Scrambled Eggs Chicken Sausage Link Whole Grain Cereal, Fruited Yogurt, 1% Milk</p> <p>Lunch Italian Chopped Salad Whole Grain Cheese Pizza Whole Grain Cheese Pizza </p> <p>Whole Grain Crust Sauteed Fresh Broccoli Sliced Apples Snack: Yogurt Whole Grain Pretzels</p>	<p>12</p> <p>Breakfast Banana Whole Grain Blueberry Muffins Scrambled Eggs 1% Milk</p> <p>Lunch Green Salad Whole Grain Chicken Nuggets  Veggie Chick'N Nuggets </p> <p>Whole Grain Roll Crispy Fries Roasted Green Beans Grapes Snack: Nutrigrain Cereal Bar Cheese Stick</p>	<p>13</p> <p>Breakfast Oranges Whole Grain Bagel Turkey Sausage Patty Fruited Yogurt 1% Milk</p> <p>Lunch Spinach & Fruit Salad BBQ Meatballs BBQ Vegan Meatballs  </p> <p>Lemon Zest Brown Rice Honey Glazed Carrots Banana Snack: Peach Cup Teddy Grahams</p>	<p>14</p> <p>Breakfast Sliced Apples Pancake on a Stick Smoothie 1% Milk</p> <p>Lunch Tomato Basil Salad Turkey & Cheese Sub Vegetarian Sub </p> <p>Whole Grain Bun Sun Chips Peach Cup Snack: Whole Grain Goldfish Apple Juice</p>	<p>15</p> <p>Breakfast Grapes Whole Grain Cereal Fruited Yogurt 1% Milk</p> <p>Lunch Arugula & Herb Salad Grilled Pub Burgers Veggie Burgers  </p> <p>Whole Grain Bun Roasted Potato Wedges Pineapple Cup</p>
<p>18</p> <p>Breakfast Fruit Salad Whole Grain Croissant Chicken Sausage Patty Potatoes Whole Grain Cereal, Fruited Yogurt, 1% Milk</p> <p>Lunch Marinated Vegetable Salad Grilled Chicken Sandwich Grilled Veggie Chick'N Caesar Sandwich </p> <p>Whole Grain Pita Chips  Black Eyed Pea Salsa Oranges Snack: WG Popcorn Peach Cup</p>	<p>19</p> <p>Breakfast Sliced Apples Whole Grain Honey Biscuit Turkey Sausage 1% Milk</p> <p>Lunch Orange Romaine Salad Steak & Cheese Sub Vegetarian Sub  </p> <p>Whole Grain Bun Roasted Sweet Potato Fries Peaches Snack: Sunchips Fruit Juice</p>	<p>20</p> <p>Breakfast Banana Whole Grain Pop Tart Scrambled Eggs Fruited Yogurt 1% Milk</p> <p>Lunch Chopped Salad Jamaican Jerk Chicken Wings Vegan Jamaican Jerk Chick'N Strips </p> <p>Whole Grain Yellow Rice  Sauteed Fresh Broccoli Pineapple Snack: Yogurt Graham Crackers</p>	<p>21</p> <p>Breakfast Fresh Grapes Whole Grain Cinnamon Bun Turkey Bacon 1% Milk</p> <p>Lunch South Beach Chopped Salad Beef Hot Dog Vegetarian Meatball Sub </p> <p>Whole Grain Bun Roasted French Fries Oranges Snack: Sliced Apples Whole Grain Goldfish</p>	<p>22</p> <p>Breakfast Oranges Whole Grain Cereal Fruited Yogurt 1% Milk</p> <p>Lunch Chef Salad Chicken Tenders Veggie Wrap </p> <p>Whole Grain Tortilla Whole Grain Sunchips Baby Carrots w/Ranch Dressing Corn O'Brian Banana</p>

