

What's on the Menu?

Week 1 July 20th – 26th

Sunday 20	Monday 21	Tuesday 22	Wednesday 23	Thursday 24	Friday 25	Saturday 26
Breakfast						
Breakfast Quiche Banana Muffin Bananas Grape Juice	French Toast Sticks Chicken Sausage syrup Mandarin Orange Fruit Cups Apple Juice	Apple Jacks Strawberry Yogurt Fresh Fruit Orange Juice	Breakfast Bowl Scrambled Eggs, Grits, pork sausage Fresh Apple Tropical Fruit Punch	Cereal Bar Colby jack Cheese sticks Strawberries Grape Juice	Breakfast Bowl Eggs, Tater Tots Biscuit Jelly Peaches Orange Juice	Breakfast Burrito with Eggs, sausage cheese. Fresh Peach Apple Juice
Low-fat Choice Milk	Low-fat Choice Milk	Low-fat Choice Milk	Low-fat Choice Milk	Low-fat Choice Milk	Low-fat Choice Milk	Low-fat Choice Milk
Lunch						
Beef Burrito Mexican Corn Mexican Black Beans	Bacon Cheeseburger Crinkle Fries Roasted Vegetables Mandarin Oranges	Spicy Chicken Tenders Green Beans Mac & Cheese Dinner Roll Mandarin Oranges	Pulled Pork Sandwich Whole grain Bun Baked Beans Peaches	Chicken Patty Whole Grain Bun Spiral Fries Fruit Salad Assorted Fruit	Pizza Day! Assorted Pizzas Tossed Salad Pears	Turkey Subs Swiss Cheese Lettuce Tomatoes Sweet Potato Fries Broccoli Salad
Low-fat Choice Milk	Low-fat Choice Milk	Low-fat Choice Milk	Low-fat Choice Milk	Low-fat Choice Milk	Low-fat Choice Milk	Low-fat Choice Milk
Dinner						
Cheese Tortellini pasta w/ Marinara Sauce Garlic Bread Tossed Salad	Chicken Enchilada Mexican rice	Homemade Pancakes Pork Sausage Links Shredded Hashbrowns	Chicken Tenders Mac & Cheese Glazed Baby Carrots	Grilled Cheese Soup Dinner Rolls	Loaded Baked Potato w. Chili Cheddar Cheese Sour Cream Butter Chef's Choice Dessert	Grilled chicken Sandwich Lettuce Tomato Honey Mustard Oven Fries Strawberry Shortcake Ice Cream Bars Low-fat Choice Milk
Low-fat Choice Milk	Low-fat Choice Milk	Low-fat Choice Milk	Low-fat Choice Milk	Low-fat Choice Milk	Low-fat Choice Milk	Low-fat Choice Milk
Snack						
Gala Apple Cheez-its Smartfood Popcorn	String Cheese Cheddar Goldfish Scooby Doo Fruit Snack	Applesauce Bug Bites Hot Cheetos	Pear Chips & Salsa Jello	Granny Smith Apple Heartzel Pretzels Grandma Cookies	String Cheese Annie's Graham Honey Bunnies Baked Chips	Carrot & Celery Sticks w/ Ranch Cheddar Chex Mix Apple Cinnamon Rice Cakes

This institution is an equal opportunity provider

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What's on the Menu?

Week 2 July 27th – August 2nd

Sunday 27	Monday 28	Tuesday 29	Wednesday 30	Thursday 31	Friday 1	Saturday 2
Breakfast						
Bacon & Cheddar Hashbrown Bake Toast Apple Apple Juice Low-fat Choice Milk	Confetti Pancakes Turkey Link Fresh Fruit Syrup Grape Juice Low-fat Choice Milk	Cereal Bar Strawberry Yogurt String Cheese Tropical Fruit Orange Juice Low-fat Choice Milk	English Muffin Sandwich w/ Egg & Cheese Fresh Fruit Fruit Punch Low-fat Choice Milk	Yogurt Parfait Muffin Grape Juice Low-fat Choice Milk	Omelets made to Order Sausage French Toast Bites Mango Fruit Cup Apple Juice Low-fat Choice Milk	Scrambled Eggs w/ Bacon and Cheese Cinnamon Toast Fruit Cup Fruit Punch Low-fat Choice Milk
Lunch						
Sloppy Joe Whole Grain Bun Tater Tots McIntosh Apple Low-fat Choice Milk	BBQ Jerk Chicken Peas Mashed Potatoes Dinner Roll Peaches Low-fat Choice Milk	Taco Salad Cilantro Lime Rice Mexican Corn Peaches Low-fat Choice Milk	Catering Lunch Low-fat Choice Milk	Beef Hotdog Whole Grain Bun Corn Oven Fries Mandarin Oranges Low-fat Choice Milk	English Muffin Turkey Sausage Link Hashbrowns Baked Apples Low-fat Choice Milk	Crispy Chicken Pita Lettuce Tomato Slice Sliced Pickles Tossed Salad Assorted Dressing Banana Low-fat Choice Milk
Dinner						
Greek Chicken Salad Bosco Sticks Assorted Dressings Low-fat Choice Milk	Beef Rivoli with Marinara Sauce Garlic Bread Tossed Salad Assorted Dressings Low-fat Choice Milk	Berry French Toast Casserole Chicken Sausage Links Syrup Butter pcs Low-fat Choice Milk	Toasted BLT Sandwich Mayo pcs Tossed Salad Chips Low-fat Choice Milk	Boneless Wings Potato Wedges Corn on the Cobb Assorted Sauces Low-fat Choice Milk	Grilled BBQ Chicken Cheesy Potatoes Asparagus Pie/ Ice Cream Low-fat Choice Milk	Turkey Burger Sweet Potato Wedges Pepperjack Cheese Tomato Cucumber Salad Apple Crisp Low-fat Choice Milk
Snack						
Golden Delicious Apple Fritos Granola Bar	Pear Vanilla Chat Fruit Roll-up	String Cheese French Toast Goldfish Ruffles	Gala Apple Cheez-it Crackers Pudding Cups	Apple Sauce Colored Goldfish Rice Krispie Treats	String Cheese Baked Cheetos Bunnies Baked Chips	Granny Smith Apple Chocolate Chex White Cheddar Cheez-its

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What's on the Menu?

Week 3 August 3 to August 9

Sunday 3	Monday 4	Tuesday 5	Wednesday 6	Thursday 7	Friday 8	Saturday 9
Breakfast						
Breakfast Quiche Banana Muffin Bananas Grape Juice	French Toast Sticks Sausage syrup Mandarin Orange Fruit Cups Apple Juice	Apple Jacks Strawberry Yogurt Fresh Fruit Orange Juice	Breakfast Bowl Scrambled Eggs Pork Sausage Cheddar Grits	Trix Cereal Colby Jack Cheese Sticks Mandarin Orange Fruit Cup Grape Juice	Oatmeal Bacon Fresh Strawberries Orange Juice	Breakfast Burrito w/ Eggs Turkey Sausage and Cheese Peaches Apple Juice
Low-fat Choice Milk	Low-fat Choice Milk	Low-fat Choice Milk	Low-fat Choice Milk	Low-fat Choice Milk	Low-fat Choice Milk	Low-fat Choice Milk
Lunch						
Boneless Buffalo Wings Mozzarella Sticks Marinara Sauce Oven Fries Applesauce	Chicken Club Wrap Oven Fries Green Beans Orange	Beef enchiladas Tortilla Chips Glazed Carrots Mandarin Orange	KFC Bowl Popcorn Chicken Mashed Potatoes Corn Gravy Breadstick Peaches	Pepperoni Calzone Cheese Calzone Green Peas Assorted Fruit	Beef Chili Cornbread Muffins Spiral Fries Broccoli Salad Pears	Chicken Salad Sandwich on Croissant Spinach Salad Assorted Dressings
Low-fat Choice Milk	Low-fat Choice Milk	Low-fat Choice Milk	Low-fat Choice Milk	Low-fat Choice Milk	Low-fat Choice Milk	Low-fat Choice Milk
Dinner						
Chicken Pot Pie Roasted Veggies Dinner Roll	Grilled Burgers Pickle Chips Onion Rings Toppings	Homemade French Toast Scrambled Eggs Bacon Hashbrown Patty Syrup Strawberries	BBQ Ribs Baked Beans Corn Dinner Rolls	Baked Pasta w. meat sauce and cheese Garlic Bread Asparagus	Italian Subs Chips Fruit Chef's Choice Dessert	Chicken Quesadilla Spanish Rice Mexican Corn Sour Cream Salsa
Low-fat Choice Milk	Low-fat Choice Milk	Low-fat Choice Milk	Low-fat Choice Milk		Low-fat Choice Milk	Low-fat Choice Milk
Snack						
Gala Apple Cheez-tz Cracker Smartfood Popcorn	String Cheese Cheddar Goldfish Scooby Doo Fruit Snack	Applesauce Bug Bites Hot Cheetos	Pear Chips & Salsa Jell-O	Granny Smith Apple Heartzel Pretzel's Grandma Cookies	String Cheese Annie's Graham Honey Bunnies Baked Chips	Carrot & Celery Sticks & Ranch Chocolate Chex Mex Apple Cinnamon Rice Cakes

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What's on the Menu?

Week 4 August 10 to August 16

Sunday 10	Monday 11	Tuesday 12	Wednesday 13	Thursday 14	Friday 15	Saturday 16
Breakfast						
Breakfast Bake Toast Apple Apple Juice	Pancakes Turkey Sausage Link Nectarine Grape Juice	Cocoa Cereal Bar Strawberry Yogurt Tropical fruit Cup Orange Juice	Egg & Cheese Breakfast Bagel Fresh Orange Fruit Punch	Breakfast Parfait Mixed Berries Blueberry Muffin Pineapple Fruit Cup Grape Juice Low-fat Choice Milk	Bacon egg and Cheese Scramble French Toast Bites Mango Fruit Cup Apple Juice Low-fat Choice Milk	Scrambled Cheesy Eggs Cinnamon Toast Mandarin Fruit Cup Fruit Punch Low-fat Choice Milk
Lunch						
Grilled Chicken Cobb Salad Bacon Bits Boiled Egg Cheddar Cheese Tomatoes Dinner Roll Golden Delicious Apple Low-fat Choice Milk	Bacon Burger Sweet Potato Freis Carrots Mandarin Oranges Low-fat Choice Milk	Beef Tacos Lettuce Cheese, Diced Tomatoes Sour Cream Refried Beans Mandarin Oranges Low-fat Choice Milk	Italian Meat Sauce Penne Pasta Broccoli Peaches Low-fat Choice Milk	French Toast Sticks Bacon Turkey Sausage Links Tater Tots Syrup Peach Cups Low-fat Choice Milk	Chicken Tenders Cornbread Fritters Oven Fries BBQ Sauce Assorted Fruit Low-fat Choice Milk	Turkey & Bacon Wrap Chips Celery w Ranch Tossed Salad Baked Chips Clementines Low-fat Choice Milk
Dinner						
Chicken Quesadilla Salas Sour Cream Tortilla Chips Low-fat Choice Milk	BBQ Chicken Wings Oven Fries Assorted Sauces Low-fat Choice Milk	Turkey Corn Dogs Chef's Choice Vegetable Low-fat Choice Milk	Lasagna Roll- ups Breadsticks Caesar Salad Assorted Dressings Low-fat Choice Milk	Beef Pot Roast Mashed Potatoes Carrots Dinner roll Low-fat Choice Milk	Grilled Chicken Caesar Salad Breadsticks Caesar Dressing Chef's Choice Dessert Low-fat Choice Milk	Sweet n Sour Chicken Orange Rice Pilaf Broccoli Strawberry Short cake Low-fat Choice Milk
Snack						
Golden Delicious Apple Fritos Granola Bar	Applesauce Vanilla Chat Fruit Roll-up	String Cheese French Toast Goldfish Ruffles	Gala Apple Cheez-itz Crackers Pudding Cups	Pear Colored Goldfish Rice Krispy Treats	String Cheese Baked Cheetos Baked Chips	Granny Smith Apple Chocolate Carmel Chex White Cheddar Cheez-itz

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