

Breakfast

AUGUST 2019

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Muffin, Scrambled eggs, Cereal and Cereal bar Fruit cup or Fruit Juice(4oz)	1 Honey Bun, Scrambled eggs, Cereal and Cereal bar Fruit Cup or Fruit Juice(4oz)	2 Pop Tarts, Scrambled eggs, Cereal, Cereal Bar Fruit Cup or Fruit Juice(4oz)
5 Pancake on a stick , scrambled eggs, or Cereal and cereal bar Fruit cup or Fruit Juice(4oz)	6 Waffle, turkey Sausage links, cereal and Cereal bar Fruit cup or Fruit Juice(4oz)	7 French Toast Sticks, Turkey sausage, Cereal and cereal Bar Fruit cup or Fruit Juice (4oz)	8 Scrambled eggs, Turkey bacon, Croissant, Cereal and Cereal Bar Fruit Cup or Fruit Juice(4oz)	9 Pop Tarts, Scrambled eggs, Cereal, Cereal Bar Fruit Cup or Fruit Juice(4oz)
12 Honey Bun, Scrambled eggs, Cereal and Cereal bar Fruit Cup or Fruit Juice(4oz)	13 Bolonga, Scrambled eggs, or Cereal and Cereal Bar Fruit Cup or Fruit Juice(4oz)	14 Pancake on a stick , scrambled eggs, or Cereal and cereal bar Fruit cup or Fruit Juice(4oz)	15 Egg and Cheese Biscuit , Cereal and Cereal Bar Fruit cup or Fruit Juice(4oz)	16 Muffin, Scrambled eggs, Cereal and Cereal bar Fruit cup or Fruit Juice(4oz)
19 Pop Tarts, Scrambled eggs, Cereal, Cereal Bar Fruit Cup or Fruit Juice(4oz)	20 Waffle, turkey Sausage links, cereal and Cereal bar Fruit cup or Fruit Juice(4oz)	21 Honey Bun, Scrambled eggs, Cereal and Cereal bar Fruit Cup or Fruit Juice(4oz)	22 Bolonga, Scrambled eggs, or Cereal and Cereal Bar Fruit Cup or Fruit Juice(4oz)	23 French Toast Sticks, Turkey sausage, Cereal and cereal Bar Fruit cup or Fruit Juice (4oz)
26 Scrambled eggs, Turkey bacon, Croissant, Cereal and Cereal Bar Fruit Cup or Fruit Juice(4oz)	27 Muffin, Scrambled eggs, Cereal and Cereal bar Fruit cup or Fruit Juice(4oz)	28 Bolonga, Scrambled eggs, or Cereal and Cereal Bar Fruit Cup or Fruit Juice(4oz)	29 Honey Bun, Scrambled eggs, Cereal and Cereal bar Fruit Cup or Fruit Juice(4oz)	30 Breakfast pizza and Scrambled eggs, Cereal and Cereal Bar Fruit Cup or Fruit Juice(4oz)

School Information: Choice Of Milk Served w/ All meals

"This Institution is an Equal Opportunity Provider"

Choice of Milk w/complete meals: 1%white skim, Skim vanilla, Skim Chocolate, Skim Strawberry

*Menu subject to change

Lunch August 2019				
Monday	Tuesday	Wednesday	Thursday	Friday
			1 Oven Baked or oven fried chicken, Fried brown rice, collard greens or black eye peas, pear slices/oranges Whole wheat roll	2 Peanut butter & jelly sandwiches or Turkey Sandwiches, veggie blend or sweet peas, Fruit Cocktail or Sliced oranges
5 Cheeseburger w/lettuce, tomatoes and pickle spears or Beef ravioli baked Bean or Mixed veggies, dice pears or sliced peaches	6 Baked Turkey or Salisbury Steak, mash potatoes, sweet pea or green beans, sliced apples, and honey dew melon Whole Wheat roll	7 Chicken Alfredo or Baked Spaghetti w/meat sauce, steamed broccoli or corn on the cob, sliced apples or tropical Fruit Whole wheat roll	8 Oven baked BBQ or oven fried chicken, Macaroni and cheese, Turnip greens or cabbage, Mandarins oranges or Fruit cocktail Whole Wheat roll	9 Chick-a-fli
12 Meatball sub or Buffalo chicken on whole wheat bun, Green beans or Sweet corn, pineapple tidbits or cantaloupe	13 Chicken Tenders w/honey Mustard Sauce and Turkey Ham and Cheese Sandwiches, Mixed veggies and Corn, Grapes or sliced apples	14 Manager Choice	15 Oven baked or oven fried chicken, yellow rice, collard greens or lima beans, applesauce or Honeydew melon Whole Wheat roll	16 Hotdogs on a whole buns or chicken nuggets w/ honey mustard sauce sweet peas or Baked beans, slice Apples or Fruit cocktail
19 Sloppy Joe on a Whole Wheat Bun or Chicken nuggets w/honey mustard sauce, Sweet peas or Baked beans, Slice apples or Fruit cocktail	20 Small chef salad or Lasagna, Steamed carrots or Steamed Broccoli, Sliced pear or Sliced peaches Whole Wheat roll	21 Pull pork on a whole wheat bun or Corndog, veggie blend or sweet peas, Fruit Cocktail or Sliced oranges	22 Oven Baked BBQ or Oven Baked, Macaroni and Cheese, Green Beans and Field Peas, Pineapple tidbits, Mandarin oranges Whole Wheat roll	23 Chick-a-fli
26 Chicken Tender w/honey mustard sauce, Hamburger on a whole wheat bun, Sweet corn, baked beans, Pineapple Tidbits, or Fruit cocktail	27 Meatloaf w/red rice, Chicken w/gravy, Green beans, Steamed Broccoli, Orange Slices, Tropical Fruit Whole Wheat Roll	28 Small Chef salad or Chicken Salas w/lettuce and tomatoes w/crackers , carrot sticks w/fat free ranch dressing, Grapes or Sliced apples	29 Baked Chicken or Oven fried, Collard Greens, Black eye peas, Sliced pear or Slice peaches Whole Wheat Roll	30 Buffalo chicken on a Whole wheat bun, or corndog sweet pea or veggie blend, Pineapple Tidbits or Fruit cocktail

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Offered Daily: 1% white skim , Skim vanilla, Skim Chocolate, Skim Strawberry

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