



Nutrition & Wellness News Aug. 19 2022

Breakfast Menu - served 7:45-8:05 a.m.



Aug 22-25	Monday	Tuesday	Wednesday	Thursday
Choice 1	Bagel	Breakfast Burrito	Waffle & Sausage	Breakfast Sandwich
Choice 2	Assorted Cereal	Assorted Cereal	Assorted Cereal	Assorted Cereal
Choice 3	String Cheese	Yogurt	Hardboiled Eggs	String Cheese
Sides	Carrots, Apples Applesauce Cup	Carrots, Apples Cinni-Peaches Cup	Carrots, Apples Strawberry Cup	Carrots, Apples Fruit Cocktail Cup

Lunch Menu

Aug 22-25	Meatless Monday	Taco Tuesday	Wacky Wednesday	Farm Fresh Thursday
Hot Choice	<u>Cheese Quesadilla</u> Whole Wheat Tortilla filled with Melted Cheese	<u>Walking Beef Taco</u> Ground beef Taco meat with a Bag of Tortilla Chips	<u>Orange Chicken and Rice</u> Delicious Breaded Chicken on a Spicy Orange Sauce and Brown Rice	<u>French Toast</u> Local Whole Wheat French Toast And Turkey Sausage
Cold Choice	<u>Peanut Butter & Jelly Sand</u> Whole Wheat Bread with Peanut Butter and Grape Jelly	<u>Nacho Fun Box</u> Tortilla Chips, Cheese Sauce, & Salsa	<u>Fun Box</u> Yogurt, String Cheese & Gold Fish Crackers	<u>Chicken Caesar Salad</u> Caesar Chicken on Romaine Lettuce with Parmesan Cheese and Croutons
Choices of Veggies	<i>Sopa Azteca</i> <i>Carrots, Green Beans</i>	Pico de Gallo Salad Refried Beans, Corn	Roasted Broccoli <i>Carrots & Cucumbers</i>	Local Roasted Potatoes & Carrots, Mixed Greens Salad
Choice of Fruit	Apples, Oranges Fruit of the day	Apples, Oranges Fruit of the day	Apples, Oranges Fruit of the day	Apples, Oranges Fruit of the day

Fresh Fruit & Vegetable Program (FFVP)

FFVP	Gala Apples Angle Orchard	Jicama Sticks	Sweet Potato Sticks Crooked Sky Farm	Pink Lady Apples
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This institution is an equal opportunities provider. Menu subject to change without prior notice.
Choice of 1% or fat-free milk offered with every meal.

Mix it Up

WITH THE NATIONAL SCHOOL LUNCH PROGRAM



Available to all students at no charge

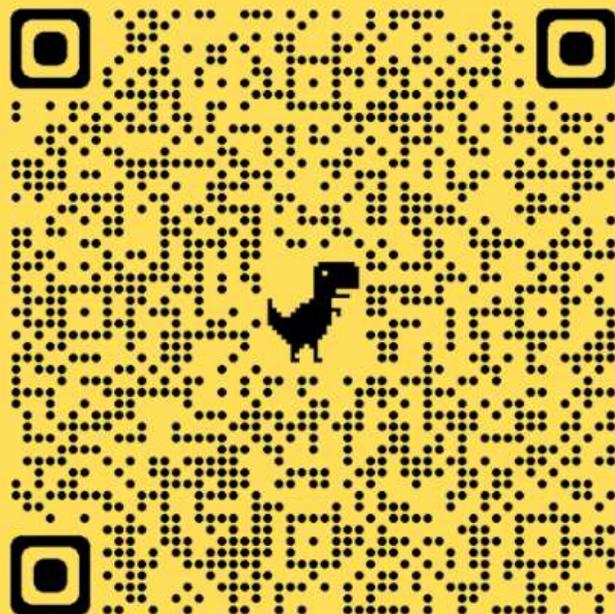
LEARN MORE

This institution is an equal opportunity provider.

FRESH FRUIT & VEGETABLE PROGRAM

WHY PICK SCHOOL LUNCH FOR YOUR CHILD EVERY DAY?

Our Nutrition team works hard to provide delicious and nutritious meals for every student, every day. Consider leaving the lunch box at home, and encourage your students to enjoy school meals!



English

¿POR QUÉ ELEGIR ALMUERZO ESCOLAR PARA SU HIJO TODOS LOS DÍAS?



Nuestro equipo de Nutrición trabaja arduamente para brindar comidas deliciosas y nutritivas para todos los estudiantes, todos los días. ¿Considere dejar la lonchera en casa y anime a sus estudiantes a disfrutar de las comidas escolares!



Español



What Makes a Lunch?

Select 3-5 Components



One must be a

