



Nutrition & Wellness News

August 5-8, 2024

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

Nutrition & Wellness

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August 5-8	Meatless Monday	Taco Tuesday	Waffle Wednesday	Thankful Thursday
Breakfast	Egg Bite Muffin & Biscuit	Cheese Quesadilla	Waffle & Scrambled Eggs	Fruit Parfait & Granola
	<p><i>Assorted Cereals as an alternative to the Main Entree</i></p> <p>Daily Choice of Protein: String Cheese, Yogurt, or Hard-Boiled Egg</p> <p>Daily Choice of Fresh Fruits, Applesauce, or Raisins</p> <p>Daily Choice of Skim or Fat-Free White Milk</p>			

Lunch Menu

August 5-8	Meatless Monday	Taco Tuesday	Where In The World? Wednesday	Thankful Thursday
Hot Choice	Grilled Cheese Sand Sopa Azteca	Walkin' Taco	Asian Chicken with Ramen Noodles	It is Pizza Day! Cheese or Pepperoni
Cold Choice	<u>Peanut Butter & Jelly Sand</u> Whole Wheat Bread with Peanut Butter and 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 Croutons & Parmesan Cheese

Salad Bar

Variety of Salad, Vegetables, Fruits, and Toppings.
We offer a choice of 1% or fat-free milk with every meal.

Snack Program



Applesauce	Broccoli Microgreen	Grapes	Melon
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This institution is an equal opportunity provider. Menu subject to change without prior notice.