

AUGUST 2019

Secondary

Every Lunch also includes a Choice of Non Fat Flavored or Low fat white Milk.

Welcome Back!

Monday
12

19
Chicken Cordon Blue Sandwich or Cheese Burger Basket with Curly Fries
Choice of Fresh Fruit
Fresh Salad Bar with Toppings

26
Chopped BBQ Sandwich or Chicken Sandwich Basket
Choice of Fresh Fruit
Fresh Salad Bar with Toppings

Tuesday
13

20
Quesadillas, Crisпитos or Pizza
Refried Beans
Homemade Salsa
Spanish Rice
Pineapple Fluff
Fresh Salad Bar with Toppings

27
Taco Tuesday!!
Tacos
Spanish Rice or Pizza
Pinto Beans
Homemade Salsa
Fruit Wiggles
Fresh Salad Bar with Toppings

Wednesday
14

Spaghetti with Meat Sauce and Garlic Stick,
Pizza or Burger
Seasoned Green Beans
Fruit Cup
Fresh Salad Bar with Toppings

21
Lasagna with Cheesy Garlic Bread, Pizza or Chicken Sandwich
Fresh Seasonal Vegetables
Mixed Fruit
Fresh Salad Bar with Toppings

28
Calzone, Pizza or Cheese Burger
Seasoned Sweet Corn
Fruit Cup
Fresh Salad Bar with Toppings

Thursday
15

Hamburger Steak with Brown Gravy or Popcorn Chicken
Hot Roll
Mashed Potatoes
Grilled Fresh Squash
Strawberries & Cream
Fresh Salad Bar with Toppings

22
Chicken Strips or Steak Fingers with Biscuit or Cheese Burger
Creamy Mashed Potatoes
Seasoned Vegetables
Peach Crisp
Fresh Salad Bar with Toppings

29
Boneless Chicken Wings, Chicken Nuggets with Hot Roll or Chicken Sandwich
Mashed Potatoes
Seasoned Green Beans
Banana Sundaes
Fresh Salad Bar with Toppings

Friday
16

Chicken Wraps or Chicken Sandwich with Chips or Pizza
Seasoned Vegetables
Fruit Salad
Fresh Salad Bar with Toppings

23
Sub Sandwich or Chicken Sandwich with Chips or Pizza
Fresh Fruit Salad
Fresh Salad Bar with Toppings

30
Creamy Three Cheese Mac & Cheese with Texas Toast, Grilled Cheese Sandwich with Chips or Pizza
Steamed Broccoli Berries & Cream
Fresh Salad Bar with Toppings

Breakfast

Monday

Pig in a Blanket or French Toast Sticks

Tuesday

Breakfast Bowl or Breakfast Sandwich

Wednesday

Breakfast Pizza

Thursday

Cinnamon Roll or Scrambled Eggs w/ Toast and a choice of Sausage, Bacon or Ham

Friday

Pancake Wrap or Biscuit Sausage & Gravy

An option of Cereal & Toast, Fresh Fruit or Fruit Cup, and a Choice of Juice and Milk are also offered everyday.

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English. To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: program.intake@usda.gov. This institution is an equal opportunity provider.