

Salad Bar Lunch Menu All students will be offered 5 components at lunch: meat/protein, bread/grain, fruit, vegetables, and milk. Students **must** select a ½ cup serving of fruit or vegetable and two other components for lunch. Students may take all 5 components.



AUGUST LUNCH

ALL STUDENTS NO CHARGE

Milk choice: 1% White or Nonfat Chocolate



Menu subject to change without notice.

This Institution is an Equal Opportunity Provider.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|---|---|
| <p>5 Teriyaki Beef Dippers w/Rice Yogurt & Graham Crackers Romaine Salad Fresh Broccoli Apples Peaches Ranch Dressing</p> | <p>6 Chicken Corn Dogs Yogurt & Graham Crackers Seasoned Black Beans Romaine Salad Carrot Sticks Bananas Ranch Dressing Catsup Mustard</p> | <p>7 Turkey and Cheese Grinders Yogurt & Graham Crackers Romaine Salad Sliced Cucumbers Grapes Sandwich Spread Ranch Dressing</p> | <p>8 Green Chicken Pozole w/Tortilla Chips Yogurt & Graham Crackers Shredded Cabbage Orange Slices Jicama Sticks</p> | <p>9 Mac & Cheese w/Roll Yogurt & Graham Crackers Romaine Salad Green Beans Apples Pears Ranch Dressing</p> |
| <p>12 Fish Sticks w/Cilantro Lime Rice Yogurt & Graham Crackers Romaine Salad French Fries Apples Strawberries Ranch Dressing Catsup</p> | <p>13 Chicken Sandwich Yogurt & Graham Crackers BBQ Beans Romaine Salad Grape Tomatoes Blueberries Ranch Dressing Catsup</p> | <p>14 Spaghetti w/Beef Sauce & Breadstick Yogurt & Graham Crackers Romaine Salad Celery Sticks Grapes Ranch Dressing</p> | <p>15 Turkey Combo Burritos Yogurt & Graham Crackers Romaine Salad Mixed Fruit Banana Jicama Sticks Ranch Dressing Salsa</p> | <p>16 3-Bean Deluxe Nachos w/Cheese Yogurt & Graham Crackers Romaine Salad Carrot Sticks Apples Ranch Dressing Salsa</p> |
| <p>19 Cheeseburgers Yogurt & Graham Crackers Romaine Salad Carrot Sticks Apples Ranch Dressing Catsup Mustard</p> | <p>20 Green Chili Chicken Enchilada Casserole Yogurt & Graham Crackers Seasoned Pinto Beans Romaine Salad Sliced Cucumbers Bananas Ranch Dressing Salsa</p> | <p>21 NEW! Curried Ground Beef w/ Rice Yogurt & Graham Crackers Romaine Salad Green Beans Grapes Applesauce Ranch Dressing</p> | <p>22 Popcorn Chicken w/Mashed Potatoes & Roll Yogurt & Graham Crackers Romaine Salad Corn Orange Slices Cool Tropics Ranch Dressing</p> | <p>23 Creamy Alfredo Penne & Breadstick Yogurt & Graham Crackers Romaine Salad Broccoli Apples Pineapple Ranch Dressing</p> |
| <p>26 Walking Beef Tacos w/Cheese Yogurt & Graham Crackers Shredded Lettuce Grape Tomatoes Apples Salsa Ranch Dressing</p> | <p>27 Orange Chicken w/Chow Mein Yogurt & Graham Crackers Romaine Salad Fresh Broccoli Bananas Pears Ranch Dressing</p> | <p>28 Beef Lasagna Yogurt & Graham Crackers Romaine Salad Green Beans Pears Grapes Ranch Dressing</p> | <p>29 Domino's Pepperoni Pizza Yogurt & Graham Crackers Chocolate Cake, Frosted w/Sprinkles Romaine Salad Jicama Sticks Strawberries Ranch Dressing Catsup</p> | <p>30 Cheesy Quesadillas Yogurt & Graham Crackers Seasoned Pinto Beans Romaine Salad Carrot Sticks Apples Ranch Dressing Salsa</p> |
| | | | <p>Beef Pork Turkey Chicken Vegetarian Fish</p> | |