LUNCH AUGUST 2018

Reduced Price .40 (child) Full Price $2.92 (Child) Adult Price $2.92

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| MONDAY | TUESDAY | WEDNESDAY | THURSDAY |
| Please advise Mr. Steve24hrs in advance if you would like to have breakfast or lunch with your child /grandchild so we may plan accordingly. |  NSLP REQUIRMENTSFruit ½ cup dailyVeggie ¾ cup dailyMeat/Alt 1.75/2 oz. dailyW/Grain 1.75/2 oz. dailyMilk 1 cup daily |  1Meat Taco w/ Lettuce,Tomato and Cheese,W/G Spanish Rice,½ cup Fruit,Milk Variety |  2Fish Sticks,W/G Corn Bread, Cole Slaw,½ cup Fruit,Milk Variety  |
| 6Grilled Cheese Sandwich on W/G Bread, Baked Potato Wedges, ¾ cup Veggies,½ cup Fruit,Milk Variety | 7Corn Dog,Gram Cracker,Veggie Beans,½ cup Fruit,Milk Variety SCHOOL BOARD MEETING | 8Salisbury Steak,Mashed Potatoes, w/ Brown Gravy,W/G Roll,¾ cup Veggies,½ cup Fruit,Milk Variety | 9Teriyaki Chicken,W/G Rice,¾ cup Veggies,½ cup Fruit,Milk Variety  |
| 13Meat and Bean TostadaOn a W/G Shell, Lettuce, Cheese and Tomatoes,Spanish Rice, ½ cup Fruit, Milk Variety | 14 W/G Spaghetti w/Meat Sauce,W/G Garlic Toast,Garden Salad w/ dressing,½ cup Fruit,Milk Variety  | 15Baked Chicken,W/G Brown Rice,¾ cup Veggies,½ cup Fruit,Milk Variety | 16Baked Potato w/Fixings,Graham Crackers,¾ cup Veggies,½ cup Fruit,Milk Variety  |
| 20W/G Mac-n-Cheese,W/G Corn Bread,¾ cup Veggies,½ cup Fruit, Milk Variety  | 21Chicken NuggetsW/G Wild Rice,¾ cup Veggies,½ cup Fruit,Milk Variety  | 22Cheeseburger on a W/G Bun with lettuce/tomatoesSpicy Veggie Beans,½ cup Fruit,Milk Variety  | 23**Minimum Day,****No School Lunch.** |
| 27W/G Cheese or Pepperoni Pizza,Garden Salad,½ cup Fruit,Milk Variety | 28Ham Slice,Mashed Potatoes, W/G roll,¾ cup Veggies,½ cup Fruit,Milk Variety  | 29Hot Dog on a H/G Bun,¾ cup Veggie Beans,½ cup Fruit,Milk Variety | 30BBQ Chicken,W/G Brown Rice,¾ cup Veggies,½ cup Fruit,Milk Variety |

This institution is an equal opportunity provider.

**Menu is subject to change without notice**

 Milk Variety: Low Fat 1% White or Non Fat Chocolate, Non Fat Strawberry

BREAKFAST AUGUST 2018

Breakfast in Classroom Adult Price $2.85

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| MONDAY | TUESDAY | WEDNESDAY | THURSDAY |
| NSLP REQUIREMENTSFruit / Veggie 1 cup dailyGrain 1.75/2 oz. dailyMilk 1 cup dailyMeat/Alt Optional | WEEKLY AVERAGECalories 600-650Sodium- less than 1230Sat. Fat- less than 10Trans Fat- Zero |  1Oatmeal w/Raisins,W/G Toast,1 Cup of Fruit,Milk Variety | 2W/G Banana Muffins,String Cheese,1 Cup of Fruit,Milk Variety  |
| 6Sausage Link, W/G English Muffin, 1 Cup of Fruit,Milk Variety | 7 W/G Waffle, 1 Cup of Fruit,Milk Variety  | 8Breakfast Burrito on aW/G Tortilla ,1 Cup of Fruit,Milk Variety | 9W/G Toasted Bagel,w/Peanut Butter,Yogurt,1 Cup of Fruit,Milk Variety  |
| 13Fruit Smoothie,W/G Raisin, Toast, 1 Cup of Fruit,Milk Variety | 14Scrambled Eggs,W/G English Muffin,1 Cup of Fruit,Milk Variety  | 15W/G Cereal Bar,Yogurt,1 Cup of Fruit,Milk Variety | 16WG Pancakes,1 Cup of Fruit,Milk Variety |
| 20W/G Pancake on a Stick,1 Cup of Fruit,Milk Variety | 21W/G Toasted Bagel,Yogurt,1 Cup of Fruit,Milk Variety  | 22W/G Blueberry Breakfast Cookie, String Cheese,1 Cup of Fruit,Milk Variety | 23W/G Cereal w/Milk,1 Cup of Fruit,Milk Variety  |
| 27W/G French Toast,1 Cup of Fruit, Milk Variety | 28Ham and Eggs,W/G Raisin Bread,1 cup of Fruit,Milk Variety  | 29W/G English Muffin,Sausage Patty,1 Cup of Fruit,Milk Variety | 30W/G Cereal Bar,Yogurt,1 Cup of Fruit,Milk Variety |

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Milk variety: Low fat 1% White or Non Fat Chocolate, Non Fat Strawberry

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