

August 2023

Breakfast

Coco Puffs
or
Cinnamon Toast Crunch Meal
served with Whole Oranges
&
1% Milk or Nonfat Chocolate Milk



Milk

1% Low Fat Milk or
Non-Fat Chocolate Milk
*Offered with every meal

Lunch

Monday 08/14	Tuesday 08/15	Wednesday 08/16	Thursday 08/17	Friday 08/18
Professional Development Welcome Back Teachers and Students!!!				
Monday 08/21	Tuesday 08/22	Wednesday 08/23	Thursday 08/24	Friday 08/25
		Roasted Red Pepper Hummus Meal or Beef & Cheese Stick Meal served with Grape Tomatoes & Hummus	Roasted Red Pepper Hummus Meal or Beef & Cheese Stick Meal served with Broccoli, Cauliflower & Hummus	Roasted Red Pepper Hummus Meal or Beef & Cheese Stick Meal served with Baby Carrots & Hummus
Monday 08/28	Tuesday 08/29	Wednesday 08/30	Thursday 08/31	
Beef & Cheese Stick Meal or Peanut Butter & Jelly Meal served with Baby Carrots & Jicama	Beef & Cheese Stick Meal or Peanut Butter & Jelly Meal served with Broccoli, Cauliflower & Hummus	Beef & Cheese Stick Meal or Peanut Butter & Jelly Meal served with Grape Tomatoes & Hummus	Beef & Cheese Stick Meal or Peanut Butter & Jelly Meal served with Broccoli, Cauliflower & Hummus	

Grades 9 -12

This institution is an equal opportunity provider.



September 2023

Breakfast

Coco Puffs
 or
 Cinnamon Toast Crunch Meal
 served with Whole Oranges
 &
 1% Milk or Nonfat Chocolate Milk



Milk

1% Low fat Milk or
 Non-Fat Chocolate Milk
 *Offered with every meal

Lunch

				Friday 09/01
				Beef & Cheese Stick Meal or Peanut Butter & Jelly Meal served with Broccoli, Cauliflower & Hummus
Monday 09/04	Tuesday 09/05	Wednesday 09/06	Thursday 09/07	Friday 09/08
Labor Day	Peanut Butter & Jelly Meal or Cheese Stick w/ Marinara Sauce served with Broccoli, Cauliflower & Hummus	Peanut Butter & Jelly Meal or Cheese Stick w/ Marinara Sauce served with Grape Tomatoes & Hummus	Peanut Butter & Jelly Meal or Cheese Stick w/ Marinara Sauce served with Broccoli, Cauliflower & Hummus	Peanut Butter & Jelly Meal or Cheese Stick w/ Marinara Sauce served with Baby Carrots & Hummus
Monday 09/11	Tuesday 09/12	Wednesday 09/13	Thursday 09/14	Friday 09/15
Cheese Stick w/ Marinara Sauce or Butterball Turkey Stick Meal served with Baby Carrots & Jicama	Cheese Stick w/ Marinara Sauce or Butterball Turkey Stick Meal served with Broccoli, Cauliflower & Hummus	Cheese Stick w/ Marinara Sauce or Butterball Turkey Stick Meal served with Grape Tomatoes & Hummus	Cheese Stick w/ Marinara Sauce or Butterball Turkey Stick Meal served with Broccoli, Cauliflower & Hummus	Cheese Stick w/ Marinara Sauce or Butterball Turkey Stick Meal served with Baby Carrots & Hummus
Monday 09/18	Tuesday 09/19	Wednesday 09/20	Thursday 09/21	Friday 09/22
Butterball Turkey Stick Meal or Sweet BBQ Chicken Bites served with Baby Carrots & Jicama	Butterball Turkey Stick Meal or Sweet BBQ Chicken Bites served with Broccoli, Cauliflower & Hummus	Butterball Turkey Stick Meal or Sweet BBQ Chicken Bites served with Grape Tomatoes & Hummus	Butterball Turkey Stick Meal or Sweet BBQ Chicken Bites served with Broccoli, Cauliflower & Hummus	Butterball Turkey Stick Meal or Sweet BBQ Chicken Bites served with Baby Carrots & Hummus
Monday 09/25	Tuesday 09/26	Wednesday 09/27	Thursday 09/28	Friday 09/29
Sweet BBQ Chicken Bites or Cheese Cup w/ Salsa served with Baby Carrots & Jicama	Sweet BBQ Chicken Bites or Cheese Cup w/ Salsa served with Broccoli, Cauliflower & Hummus	Sweet BBQ Chicken Bites or Cheese Cup w/ Salsa served with Grape Tomatoes & Hummus	Sweet BBQ Chicken Bites or Cheese Cup w/ Salsa served with Broccoli, Cauliflower & Hummus	Sweet BBQ Chicken Bites or Cheese Cup w/ Salsa served with Baby Carrots & Hummus