

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