

AUGUST 2019 LUNCH MENU THE ACCELERATED SCHOOL K-5TH GRADE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
19 BEEF NACHOS w/PINTO BEANS AND SALSA JICAMA & CUCUMBERS PLUMS MILK (FAT FREE & 1%)	20 *WG BREADED CHICKEN SANDWICH w/ POTATO PUFFS LETTUCE AND TOMATO PEACHES MILK (FAT FREE & 1%)	21 *WG WAFFLES CHICKEN DRUMSTICK CORN CARROTS APPLES MILK (FAT FREE & 1%)	22 *WG SPAGHETTI w/MEATSAUCE WG BREADSTICKS GARDEN SALAD w/CHERRY TOMATOES FRUIT CUPS MILK (FAT FREE & 1%)	23 *WG TURKEY SANDWICH OR *WG PEPPERONI PIZZA FRESH BROCCOLI CELERY AND CARROTS BANANAS MILK (FAT FREE & 1%)
26 *WG BROWN RICE w/CHICKEN TERIYAKI BROCCOLI CARROTS GRAPES MILK (FAT FREE & 1%)	27 CHICKEN TAMALES *WG BROWN RICE PINTO BEANS SALSA JICAMA & CUCUMBERS WATERMELON MILK (FAT FREE & 1%)	28 PASTA MARINARA w/MEATSAUCE *WG BREADSTICK GARDEN SALAD w/CHERRY TOMATOES FRUIT CUPS MILK (FAT FREE & 1%)	29 BBQ CHICKEN w/ BROWN RICE & *WG DINNER ROLL COLE SLAW MASHED POTATOES APPLES MILK (FAT FREE & 1%)	30 MEATBALL SUB SANDWICH ON *WG BREAD CORN BROCCOLI PEACHES MILK (FAT FREE & 1%)

*All grains served in the food service program are whole grain.

All students will have the option to grab at minimum 3 food items. With at least one item being a fruit and/or vegetable.

There will be additional food items available during lunch service, such as, sandwiches and/or cold salads.

BREAKFAST MENU: All students will have an opportunity to have breakfast before school from 7am-7:55am and at their designated nutrition breaks. Also, there will be additional breakfast options offered daily, such as a variety of cereals, bagels, muffins, and fruits.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
*WG DOUNTS w/ ORANGE JUICE OR FRESH FRUITS MILK (FAT FREE, FAT FREE CHOCOLATE, AND 1%)	*WG COFFEE CAKE w/ ORANGE JUICE OR FRESH FRUITS MILK (FAT FREE, FAT FREE CHOCOLATE, AND 1%)	*WG BAGEL BREAKFAST SANDWICHES w/ ORANGE JUICE OR FRESH FRUITS MILK (FAT FREE, FAT FREE CHOCOLATE, AND 1%)	BREAKFAST BURRITOS w/POTATOES, EGGS AND CHEESE w/ ORANGE JUICE OR FRESH FRUITS MILK (FAT FREE, FAT FREE CHOCOLATE, AND 1%)	FRESH CINNAMON ROLLS w/ ORANGE JUICE OR FRESH FRUITS MILK (FAT FREE, FAT FREE CHOCOLATE, AND 1%)

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