

# August

2022

Tk-6th Grade

## Lunch

At lunch, students are offered all five required food components in at least the minimum required amounts. The components at lunch are meats/meat alternates; grains; fruit; vegetables; and fluid milk. Under OVS, a student must take at least three components in the required serving sizes. One selection must be at least ½ cup from either the fruit or vegetable component.

There will be additional fruits and vegetable options available for all students.



	Monday	Tuesday	Wednesday	Thursday	Friday	
	1	2	3	4	5	
	8	9	10	11	12	
15	16	17	18	19		
First Day of School ➔	Super Nachos w/Beef and Beans and Salsa	Chicken Teriyaki Rice bowl w/Broccoli and Sliced Carrots	Chicken and Waffle Combo w/ Carrots and Jicama Sticks	Spaghetti and Meatballs w/ Spinach Salad and Corn	Detroit Style Pizza w/ Cucumber slices and Carrot Sticks	
22	23	24	25	26		
	Chicken Patty Sandwich w/Potato wedges and Lettuce and tomato	Beef Chalupa w/Pinto Beans and Cucumber Slices	Penne Pasta w/Meat Sauce and Side Salad and Carrot Sticks	Chicken Tamales and Rice w/ Pinto Beans and Cucumber Slices	Chicken Nuggets w/ Corn and Mashed potatoes	
29	30	31	1	2		
	Beef Hamburger w/ Tater Tots and Lettuce and Tomato	Grilled Cheese Sandwich w/Broccoli and Potato Wedges	Bean and Cheese Burritos w/ Carrot Sticks and Jicama Sticks	Chicken Verde Rice Bowl w/ Fiesta Corn and Black Beans	Corn Dogs w/Cucumber Slices and Jicama Sticks	

This institution is an equal opportunity provider.