

August

2022

TAS 1st-8th 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 | |
| First Day of School ➔ | 15 Super Nachos w/Beef and Beans and Salsa | 16 Chicken Teriyaki Rice bowl w/Broccoli and Sliced Carrots | 17 Chicken and Waffle Combo w/ Carrots and Jicama Sticks | 18 Spaghetti and Meatballs w/ Spinach Salad and Corn | 19 Detroit Style Pizza w/ Cucumber slices and Carrot Sticks | |
| | 22 Chicken Patty Sandwich w/Potato wedges and Lettuce and tomato | 23 Beef Chalupa w/Pinto Beans and Cucumber Slices | 24 Penne Pasta w/Meat Sauce and Side Salad and Carrot Sticks | 25 Chicken Tamales and Rice w/ Pinto Beans and Cucumber Slices | 26 Chicken Nuggets w/ Corn and Mashed potatoes | |
| | 29 Beef Hamburger w/ Tater Tots and Lettuce and Tomato | 30 Chicken Stir Fry over Garlic Noodles w/ Cabbage Salad | 31 Bean and Cheese Burritos w/ Carrot Sticks and Jicama Sticks | 1 Chicken Verde Rice Bowl w/ Fiesta Corn and Black Beans | 2 Corn Dogs w/Cucumber Slices and Jicama Sticks | |
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This institution is an equal opportunity provider.