

JULY/ AUG ON SITE

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
9	Pancake on a Stick, Fresh Fruit Cup Fruit Juice Milk and Water Cheeseburger on Bun: 2oz meat/2 grain Romaine lettuce/sliced tomato: ¼ cup Fresh cucumber slices: 1/2 cup Pork n Beans: 1/2c Fresh Apple Slices: 1/2c Milk : 8 oz	10	Cereal, Yogurt Cup, Muffin Fruit Juice, Fruit, Milk and Water Grilled Chicken Sandwich 2 oz Lettuce, tomato, sour cream ¼ cup Fruited jello Cup: ½ cup Nacho chips and Salsa: 2 oz Fresh Orange: ½ cup Milk: 8 oz	11	Crispy Chicken Biscuit, Fresh Fruit, Fruit Juice, Milk and Water WG Chicken Nuggets: 2 oz Mashed Potatoes: ½ cup Savory Carrot Coins: ½ cup Strawberries and whip topping: ½ cup Breadstick: 1.5 oz Milk: 8 oz	12	Dream Waffle, Syrup, Sausage Links, Fruit Juice, Milk and Water Corn Dog: 2oz, 1 bread French fries: 2/3 cup Broc/caul/cucumber: ½ cup Fresh orange: ½ cup Milk: 8 oz	13	Scrambled Eggs, Hash Browns, Toast, Fruit, Juice, Milk and Water Pepperoni Pizza: 2 oz, 2oz eq Garden Salad w/ dressing: ½ cup Applesauce cup: ½ cup Baby Carrots and dip: ½ cup Milk: 8 oz
16	Blueberry Muffin, String Cheese, Fresh Fruit, Fruit Juice, Milk Italian Sub Sandwich: 2.5 oz, 3 oz eq Seasoned Potato wedges: 2/3 cup Baaby Carrots/ dip-1/2 cup Grapes: ½ cup Pepper Strips, Ranch: 1/2 cup Milk: 8 oz	17	Sausage Biscuit, Fresh Juice Fresh Fruit, Milk & Water Soft Beef Taco's: 2 oz, 2 oz eq Shredded lettuce, tomatoes: ¼ cup Salsa and nacho chips: ¼ cup, 1 oz eq Seasoned buttered corn: ½ cup Apple slices: ½ cup Milk: 8 oz	18	Maple Pancakes, Sausage patty Fruit Juice Milk and Water Spaghetti with meat sauce: 1 cup Garden Salad: ½ cup Green beans: ½ cup Pineapple tidbits: ½ cup Cheese stuffed breadstick: 1 oz eq Milk: 8 oz	19	Banana Bread Muffin, Yogurt, Fresh Fruit Cup, Juice, Milk and Water Sloppy Joes on a Bun: 2 oz, 2grain Lettuce, tomato, cheese, pickle Crinkle Cut Fries: 2/3 cup Baked Beans: ½ cup Fresh Peach: 1 cup Milk : 8 oz	20	Cereal Bar Assorted Cereal, yogurt fruit Juice, Milk and Water School Made Flatbread Pizza Romaine Salad: 2/3 cup Grape Tomatoes: ½ cup Watermelon Slices: ½ cup Milk: 8oz
23	Sausage/Cheese Biscuit, Chilled Fruit juice, fresh orange Milk and Water Ham, Turkey, cheese on Bun: Leaf lettuce/tomato/onion: ¼ cup Baby Carrots/celery/dip: ½ cup Sun Chips: 1 oz, Apple slices: ½ cup Milk: 8 oz	24	Blueberry Muffin, String Cheese Cereal Fresh Fruit, Juice, Milk and Water Chicken Patty a bun: 2oz meat/2oz g Coleslaw: ½ cup Cheese Stick: 1oz Corn on the cobb: ¼ cup Fresh Orange: ½ cup Milk: 8 oz	25	MVP donut, Yogurt Cup Fresh Fruit, Fruit Juice, Milk and Water Salisbury Steak: 2 oz meat Mashed potatoes: ½ cup Green beans: ½ cup Mandarin Oranges: ½ cup Breadstick: 1.5 oz Milk: 8 oz	26	Cereal, Yogurt, Breakfast Bread Fruit Juice, Fresh Fruit, Milk & Water Hot Dog on Bun 2oz meat /1 ¾ oz grain Crinkle cuts: 2/3 cup Baked Beans: ½ cup Apple Slices: ½ cup Milk: 8 oz	27	Biscuit and Gravy , Cereal Fruit Juice, Fresh Fruit, Milk Garlic cheese French Bread Pizza Fresh Vegetable Relish w/ dip-2/3 cup Chilled Citrus Fruit Cup: ½ cup Fruit Side kicks: ½ cup Milk: 8 oz
30	Pancake on a Stick, Fresh Fruit Cup Fruit Juice Milk and Water Cheeseburger on Bun: 2oz meat/2 grain Romaine lettuce/sliced tomato: ¼ cup Tater Tots- 2/3 cup Pork n Beans: 1/2c Melon -1/2 cup Milk: 8 oz	31	Cereal, Yogurt Cup, Citrus Fruit Cup Fruit Juice, Milk and Water Chicken Quesadilla (2 each) 2 oz Lettuce, tomato, sour cream ¼ cup Fruit Mix cup: ½ cup Nacho chips and Salsa: 2 oz Fresh Orange: ½ cup Milk: 8 oz	1	Cheese Omelet, Toast, Jelly, Fresh Fruit, Juice, Milk and Water WG Chicken Nuggetss: 2 oz Mashed Potatoes: ½ cup Gravy- 2 TBSP Savory Carrot Coins: ½ cup Strawberries Shortcake: ½ cup Milk: 8 oz	2	Cereal, Sausage, Egg and Cheese Biscuit, Fruit Juice, Milk and Water Mini Corn Dogs- 2oz/2g French Fries- 2/3 cup Green Beans- ½ cup Peaches- ½ cup Milk- 8oz	3	Scrambled Eggs, Hash Browns, Toast, Fruit, Juice, Milk and Water Pepperoni Pizza: 2 oz, 2oz eq Garden Salad w/ dressing: ½ cup Applesauce cup: ½ cup Jello and Pear Slices: ½ cup Pretzels: .34 oz eq Milk: 8 oz
Menu subject to change due to availability		August 4-10 Cooks choice		Summer Food Service Program requires each student to take every item served! All items with the exception of the fresh fruit must be consumed on site. Only 1% white milk or NF chocolate milk will be served during the summer sessions.					

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