

MONDAY August 7, 2017	TUESDAY August 8, 2017	WEDNESDAY August 9, 2017	THURSDAY August 10, 2017	FRIDAY August 11, 2017	SATURDAY August 12, 2017	SUNDAY August 13, 2017
<b>BREAKFAST</b> WG Pancakes Sausage <i>Sugar Free Syrup/ Margarine</i> Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice OR Choice of 2 cereals Fresh fruit/ fruit cup 1% or Skim milk Apple/Orange Juice	<b>BREAKFAST</b> Bagels Cream Cheese Assorted Yogurt Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice OR Choice of 2 cereals Fresh fruit/ fruit cup 1% or Skim milk Apple/Orange Juice	<b>BREAKFAST</b> Scrambled Eggs w/ Cheese WW Toast/ Jelly Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice OR Choice of 2 cereals Fresh fruit/ fruit cup 1% or Skim milk Apple/Orange Juice	<b>BREAKFAST</b> Assorted Muffins Assorted Yogurts Cheese Sticks Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice OR Choice of 2 cereals Fresh fruit/ fruit cup 1% or Skim milk Apple/Orange Juice	<b>BREAKFAST</b> French Toast Sausage Links <i>Sugar Free Syrup/ Margarine</i> Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice OR Choice of 2 cereals Fresh fruit/ fruit cup 1% or Skim milk Apple/Orange Juice	<b>BREAKFAST</b> Egg & Cheese on a WW English Muffin Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice OR Choice of 2 cereals Fresh fruit/ fruit cup 1% or Skim milk Apple/Orange Juice	<b>BREAKFAST</b> Hard Boiled Egg WW Toast/ Jelly Sausage patty Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice OR Choice of 2 cereals Fresh fruit/ fruit cup 1% or Skim milk Apple/Orange Juice
<b>LUNCH</b> Turkey Corn Dog French Fries Broccoli/ Cheese Salad Bar Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice OR PB&J Pack Salad Bar Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice	<b>LUNCH</b> Chicken Wrap Spanish Brown Rice <i>Lettuce Tomato Sour Cream</i> Salad Bar Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice OR PB&J Pack Salad Bar Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice	<b>LUNCH</b> Spaghetti /Meat Sauce Green Beans WW Garlic Roll Salad Bar Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice OR PB&J Pack Salad Bar Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice	<b>LUNCH</b> Taco Salad <i>Lettuce Tomato Sour Cream</i> Refried Beans Salad Bar Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice OR PB&J Pack Salad Bar Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice	<b>LUNCH</b> Chicken & Noodles Mash Potato Sweet Peas/ WW Roll Salad Bar Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice OR PB&J Pack Salad Bar Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice	<b>LUNCH</b> Cheese/Pepperoni Pizza Baby Carrots Salad Bar Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice OR PB&J Pack Salad Bar Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice	<b>LUNCH</b> Super Nachos Refried Beans Salad Bar Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice OR PB&J Pack Salad Bar Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice
<b>DINNER</b> Chicken Pot Pie Carrots WW Roll Salad Bar Fresh Fruit/Fruit Cup OR PB&J Pack Salad Bar Fresh Fruit/Fruit Cup	<b>DINNER</b> Country Fried Steak Mashed Potato/ Gravy Corn WW Roll Salad Bar Fresh Fruit/Fruit Cup OR PB&J Pack Salad Bar Fresh Fruit/Fruit Cup	<b>DINNER</b> Baked Chicken AuGratin Potatoes Mixed Vegetables WW Roll Salad Bar Fresh Fruit/Fruit Cup OR PB&J Pack Salad Bar Fresh Fruit/Fruit Cup	<b>DINNER</b> Beef Stroganoff Buttered Noodles Green Beans WW Roll Salad Bar Fresh Fruit/Fruit Cup OR PB&J Pack Salad Bar Fresh Fruit/Fruit Cup	<b>DINNER</b> Green Chili Tamales Brown Spanish Rice Lettuce Tomato Sour Cream Salad Bar Fresh Fruit/Fruit Cup OR PB&J Pack Salad Bar Fresh Fruit/Fruit Cup	<b>DINNER</b> Baked Ham Scalloped Potatoes Mixed Vegetable WW Roll Salad Bar Fresh Fruit/Fruit Cup OR PB&J Pack Salad Bar Fresh Fruit/Fruit Cup	<b>DINNER</b> Cheese Lasgna Italian Vegetable Toasted Garlic Bread Salad Bar Fresh Fruit/Fruit Cup OR PB&J Pack Salad Bar Fresh Fruit/Fruit Cup

PBJ Pack

Sandwich

Cheese Stick

Cheez It Crackers

This institution is an equal opportunity provider

100% Fruit Juice

1% milk

Skim Milk

Skim Chocolate Milk

WG Whole Grain  
WW Whole Wheat