## August Hot Breakfast Menu

### What do the colors on the menu mean?
- **GREEN** = locally-sourced
- **BLUE** = international
- **ORANGE** = Fresh Feature

**Student’s choice of skim or 1% milk provided at every meal.**

**Menu subject to change based on availability.**

This institution is an equal opportunity provider.

### SUMMER MEAL AVAILABILITY
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<td>2</td>
<td>- whole grain blueberry muffin</td>
<td>- multi-grain cinnamon flakes cereal</td>
<td>- turkey sausage patty on a whole grain biscuit</td>
<td>- strawberry parfait</td>
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**SUMMER MEAL AVAILABILITY**

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# August Vegetarian Hot Breakfast Menu

*What do the colors on the menu mean?*

- **GREEN** = locally-sourced
- **BLUE** = international
- **ORANGE** = Fresh Feature

*Friday Winner!*

- **V** = vegetarian
- **VE** = vegan

*Student’s choice of skim or 1% milk provided at every meal.*

*Menu subject to change based on availability.*

This institution is an equal opportunity provider.

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## August Cold Breakfast Menu

**What do the colors on the menu mean?**
- **GREEN** = locally-sourced
- **BLUE** = international
- **ORANGE** = Fresh Feature Friday Winner!

**Student’s choice of skim or 1% milk provided at every meal.**

Menu subject to change based on availability.

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### SUMMER MEAL AVAILABILITY

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<td>• whole grain blueberry muffin&lt;br&gt;• fresh orange</td>
<td>• multi-grain cinnamon flakes cereal&lt;br&gt;• fresh peach</td>
<td>• whole wheat english muffin&lt;br&gt;• butter&lt;br&gt;• grape jelly&lt;br&gt;• fresh watermelon</td>
<td>• strawberry parfait&lt;br&gt;• vanilla yogurt&lt;br&gt;• whole grain granola&lt;br&gt;• strawberries</td>
<td>• whole grain cheerios cereal&lt;br&gt;• fresh cantaloupe wedge</td>
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<td>• whole grain frosted mini wheats cereal&lt;br&gt;• fresh peach</td>
<td>• whole wheat bagel&lt;br&gt;• light cream cheese&lt;br&gt;• fresh watermelon</td>
<td>• whole grain apple oatmeal bar&lt;br&gt;• fresh apple</td>
<td>• whole grain golden graham s cereal&lt;br&gt;• fresh cantaloupe wedge</td>
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# August Lunch Menu

**What do the colors on the menu mean?**

- **GREEN** = locally-sourced
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- **ORANGE** = Fresh Feature Friday Winner!

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### MONDAY
- 2 • pulled bbq chicken on a whole wheat bun
  - coleslaw
  - fresh peach

### TUESDAY
- 3 • turkey club on whole wheat bread with lettuce and tomato
  - light mayonnaise & mustard
  - fresh watermelon

### WEDNESDAY
- 4 • jamaican jerk chicken drum
  - red beans and yellow rice
  - savory sauteed kale
  - fresh apple

### THURSDAY
- 5 • beef burger on a whole wheat bun
  - ketchup & mustard
  - potato salad
  - fresh cantaloupe

### FRIDAY
- 6 • buffalo chicken wrap in a whole wheat tortilla
  - celery sticks
  - house ranch dressing
  - fresh orange

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### MONDAY
- 9 • tuna & macaroni salad
  - broccoli florets
  - italian dressing
  - fresh peach

### TUESDAY
- 10 • taco tuesday
  - cumin lime chicken with shredded cheddar cheese in a whole wheat tortilla
  - honey lime dressing
  - southwest taco corn
  - fresh watermelon

### WEDNESDAY
- 11 • all beef hot dog on a whole wheat bun
  - ketchup & mustard
  - bbq baked beans
  - fresh apple

### THURSDAY
- 12 • whole grain flatbread with shredded cheddar cheese
  - mixed greens
  - blueberries
  - strawberry vinaigrette

### FRIDAY
- 13 • chicken caesar wrap with romaine lettuce in a whole wheat tortilla

---

### MONDAY
- 16 • pulled bbq chicken on a whole wheat bun
  - coleslaw
  - fresh peach

### TUESDAY
- 17 • turkey club on whole wheat bread with lettuce and tomato
  - light mayonnaise & mustard
  - fresh watermelon

### WEDNESDAY
- 18 • jamaican jerk chicken drum
  - red beans and yellow rice
  - savory sauteed kale
  - fresh apple

### THURSDAY
- 19 • beef burger on a whole wheat bun
  - ketchup & mustard
  - potato salad
  - fresh cantaloupe

### FRIDAY
- 20 • buffalo chicken wrap in a whole wheat tortilla
  - celery sticks
  - house ranch dressing
  - fresh orange

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### MONDAY
- 23 • tuna & macaroni salad
  - broccoli florets
  - italian dressing
  - fresh peach

### TUESDAY
- 24 • taco tuesday
  - cumin lime chicken with shredded cheddar cheese in a whole wheat tortilla
  - honey lime dressing
  - southwest taco corn
  - fresh watermelon

### WEDNESDAY
- 25 • all beef hot dog on a whole wheat bun
  - ketchup & mustard
  - bbq baked beans
  - fresh apple

### THURSDAY
- 26 • whole grain flatbread with shredded cheddar cheese
  - mixed greens
  - blueberries
  - strawberry vinaigrette

### FRIDAY
- 27 • chicken caesar wrap with romaine lettuce in a whole wheat tortilla

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### MONDAY
- 30 • first day of school

### TUESDAY
- 31 • 1

### WEDNESDAY
- 1

### THURSDAY
- 2

### FRIDAY
- 3
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<td>• sunbutter and jelly on whole wheat bread VE&lt;br&gt; • baby carrots VE&lt;br&gt; • fresh watermelon VE</td>
<td>• red beans VE&lt;br&gt; • yellow rice VE&lt;br&gt; • savory sauteed kale VE&lt;br&gt; • fresh apple VE</td>
<td>• veggie burger on a whole wheat bun V&lt;br&gt; • potato salad V&lt;br&gt; • fresh cantaloupe VE</td>
<td>• buffalo veggie chik’n wrap in a whole wheat tortilla V&lt;br&gt; • celery sticks VE&lt;br&gt; • house ranch dressing V&lt;br&gt; • fresh orange VE</td>
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<td>• cheesy mexican bean dip V&lt;br&gt; • whole grain tortilla chips VE&lt;br&gt; • southwest taco corn VE&lt;br&gt; • fresh watermelon VE</td>
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