

Breakfast K-12

August 2023

MON

TUE

WED

THU

FRI

1	2	3	4	
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30	31	

DID YOU KNOW...

- ✓ All grain products are whole grain rich
- ✓ There are no pork products on this menu
- ✓ Meats are lean and cheeses are low fat
- ✓ All products contain Zero Trans Fats, No Artificial Colors and Sweeteners, and No High Fructose Corn Syrup

Breakfast Milk Choices
1% or Skim Milk

Please Note

Locally Grown Component Served Daily
Menu is subject to change
Vegetarian Meal Options are indicated with a "V"



This institution is an equal opportunity provider.

Lunch K-8

August 2023

MON

TUE

WED

THU

FRI

1

2

3

4

7

8

9

10

11

14

15

16

17

18

21

Chicken Nuggets w/ Baked Beans

Falafel Bites w/Black Beans & Tomato (V)

Apple Slices

28

Salisbury Steak w/Gravy & Roasted Potatoes

Cheese Quesadilla w/ Street Corn (V)

Apple Slices

22

Beef Meatballs w/ Tomato Sauce & Mozzarella Cheese

Macaroni & Cheese (V)

Broccoli

Fresh Pear

23

New! Adobo Chicken w/ Cilantro Brown Rice & Street Corn

Veggie Burger w/ Roasted Potatoes (V)

Apple Slices

24

Chicken Tamale w/ Spanish Rice & Beans

French Toast Sticks w/ Scrambled Eggs & Roasted Sweet Potatoes (V)

Fresh Banana

25

French Bread Pizza (V)

Egg Salad Sandwich (V)

Baby Carrots w/Ranch Dressing

Apple Slices

30

BBQ Chicken w/Brown Rice & Baked Beans

Chickpea Pasta Marinara w/Cheese (V)

Apple Slices

31

Turkey Fajita w/ Brown Rice & Carrots

Stuffed Bread Sticks w/ Marinara & 100% Vegetable Juice (V)

Fresh Banana

DID YOU KNOW...

- ✓ All grain products are whole grain rich
- ✓ There are no pork products on this menu
- ✓ Meats are lean and cheeses are low fat
- ✓ All products contain Zero Trans Fats, No Artificial Colors and Sweeteners, and No High Fructose Corn Syrup

Lunch Milk Choices
1% or Skim Milk

Please Note

Locally Grown Component Served Daily

Menu is subject to change
Vegetarian Meal Options are indicated with a "V"



WHITSON'S
Prepared Meals

This institution is an equal opportunity provider.

Snack K-12

August 2023

MON

TUE

WED

THU

FRI

1

2

3

4

7

8

9

10

11

14

15

16

17

18

21

22

23

24

25

Pretzels w/ 100%
Orange Juice

Graham Crackers
w/ 100% Fruit
Juice

Blueberry Muffin
w/ String Cheese

Raspberry Yogurt
w/ Graham
Crackers

Tostitos w/ 100%
Apple Juice

28

Cheez-its w/ 100%
Fruit Juice

Corn Muffin w/
Roasted Sunflower
Seeds

Graham Crackers
w/ 100% Apple
Juice

Apple Cinnamon
Muffin w/ String
Cheese

DID YOU KNOW...

- ✓ All grain products are whole grain rich
- ✓ There are no pork products on this menu
- ✓ Meats are lean and cheeses are low fat
- ✓ All products contain Zero Trans Fats, No Artificial Colors and Sweeteners, and No High Fructose Corn Syrup



This institution is an equal opportunity provider.

