

# Lunch Menu



## Cycle Menu (3-week cycle \*\*\*)

August - September 2022

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
08/22-08/26	<p><b>Turkey Hot Dog/ WG Bun</b>                      Baked tots ½ c                      Orange                      LF Milk</p> <p>Alt - Chef Salad</p>	<p><b>BBQ Pork Rib Sandwich</b>                      WG Bun                      Macaroni Salad ½ c                      Baby Carrots ¼ c                      Granny Apple                      LF Milk</p> <p>Alt - Chef Salad</p>	<p><b>WG Oven Baked Chicken</b>                      Mashed Potato ½ c                      Fresh Pear                      LF Milk</p> <p>Alt - Chef Salad</p>	<p><b>Ham &amp; Cheese 3 oz</b>                      WG Sub Roll                      Potato Salad ½ c                      Diced Peaches ½ c                      LF Milk</p> <p>Alt - Chef Salad</p>	<p><b>WG Bean &amp; Cheese Burrito</b>                      Romaine Salad ½ c                      Sidekick ½ c                      LF Milk</p> <p>Alt - Chef Salad</p>
08/29-09/02	<p><b>WG Chicken Nuggets 3 oz</b>                      Mashed Potatoes ½ c                      Broccoli Florets ¼ cup                      Applesauce ½ c                      LF Milk</p> <p>Alt- Chef Salad</p>	<p><b>WG Pasta w/ Mt Sauce 1 c</b>                      Green Beans ½ c                      WG Roll 1.25 oz                      Orange ½ c                      LF Milk</p> <p>Alt - Chef Salad</p>	<p><b>Teriyaki Beef 3 oz</b>                      WG Rice 1/3 c                      Green Beans ½ c                      Pineapple Chunks ½ c                      LF Milk</p> <p>Alt - Chef Salad</p>	<p><b>WG Breaded Chicken 3 oz</b>                      Sandwich/ WG Bun                      Potato Salad ½ c                      Pear                      LF Milk</p> <p>Alt - Chef Salad</p>	<p><b>Bean &amp; Cheese Tostadas (2)</b>                      Spanish Rice ¼ c                      Chopped Salad ½ c                      Orange                      LF Milk</p> <p>Alt - Chef Salad</p>
09/05-09/09	<p><b>LABOR DAY HOLIDAY</b>                      NO CLASSES</p>	<p><b>Hamburger /WG Bun 2.5 oz</b>                      Baked Tots ½ c                      Fresh Pear                      LF Milk</p> <p>Alt - Chef Salad</p>	<p><b>WG Mac &amp; Cheese 1 c</b>                      Green Beans ½ c                      Orange                      LF Milk</p> <p>Alt- Chef Salad</p>	<p><b>Corn Dog 4 oz</b>                      Pineapple Coleslaw ½ c                      Gala Apple                      LF Milk</p> <p>Alt - Chef Salad</p>	<p><b>Green Chile Meat 1 c</b>                      Romaine Salad ½ c                      WG Flour tortilla                      Granny Apple                      LF Milk</p> <p>Alt - Chef Salad</p>
09/12-09/16	<p><b>Turkey Hot Dog/ WG Bun</b>                      Baked tots ½ c                      Granny Apple ½ c                      LF Milk</p> <p>Alt - Chef Salad</p>	<p><b>BBQ Pork Sandwich 3 oz</b>                      WG Bun                      Macaroni Salad ½ c                      Baby Carrots ¼ c                      Pear ½ c                      LF Milk</p> <p>Alt - Chef Salad</p>	<p><b>WG Oven Baked Chicken 3 oz</b>                      Mashed Potatoes ½ c                      Orange ½ c                      LF Milk</p> <p>Alt - Chef Salad</p>	<p><b>Ham &amp; Cheese Sub</b>                      WG Sub Roll                      Potato Salad ½ c                      Gala Apple                      LF Milk</p> <p>Alt - Chef Salad</p>	<p><b>WG Bean &amp; Cheese Burrito</b>                      Cucumber slices ½ c                      Applesauce ½ c                      LF Milk</p> <p>Alt - Chef Salad</p>

### Non-Discrimination Statement

The US Department of Agriculture (USDA) prohibits discrimination against its customers, employees, and applicants for employment on the basis of race, color, national origin, age, disability, sex, gender identity, religion, reprisal and, where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or if all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department.