

This is an equal opportunity provider

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
			First Day of Work Preprep	First Day of Work Preprep
10 Pancakes, Mini Color Sprinkled 2G./ Juice ½ c Fruit Choice 1/2c Milk Choice 8 oz. Grab & Go Br. Same Menu	11 Pancakes, Mini Color Sprinkled 2G./Juice 1/2c. Fruit Choice 1/2c Milk Choice 8 oz. Grab & Go Same Menu	12 Pancake on Stick 2 G/ Syrup Fruit Choice ½ c/ Juice ½ c Milk Choice 8 oz. Grab & Go Br. Same Menu	13 Pancake on Stick 2 G/ Syrup Fruit Choice ½ c/ Juice ½ c Milk Choice 8 oz. Grab & Go Br. Same Menu	14 No Students: Preprep Day
17 French Toast Sticks 2 G Fruit Choice ½ c/ Juice ½ c Milk Choice 8 oz. Grab & Go Same Menu	18 French Toast Sticks 2 G Fruit Choice ½ c/ Juice ½ c Milk Choice 8 oz. Grab & Go Same Menu	19 Belgium Waffles 2 G Syrup Juice 1/2c/ Fruit Choice ½ c Milk Choice 8 oz. Grab & Go Same Menu	20 Belgium Waffles 2 G Syrup Juice 1/2c/ Fruit Choice ½ c Milk Choice 8 oz. Grab & Go Same Menu	21 No Students: Preprep Day
24 Biscuit 2 G/Chicken Patty 1G Fruit Choice ½ c/ Juice ½ c Milk Choice 8 oz. Grab & Go Same Menu	25 Biscuit 2 G/Chicken Patty 1G Fruit Choice ½ c/ Juice ½ c Milk Choice 8 oz. Grab & Go Same Menu	26 Pancake & Sausage Sandwich 2 G/Fruit Choice ½ c Juice ½ c/ Milk 8 oz. Grab & Go Same Menu	27 Pancake & Sausage Sandwich 2 G/Fruit Choice ½ c Juice ½ c/ Milk 8 oz. Grab & Go Same Menu	28 No Students: Preprep Day
31 Cinnamon Rolls 2 G 1/2c Juice/Fruit Choice ½ c Milk Choice 8 oz. Grab & Go Same Menu				



Menus are subject to change

AUGUST 2020

2 Day Week Menus

Monday	Tuesday	Wednesday	Thursday	Friday
			First Day of Work Preprep	First Day of Work Preprep
Baked Chicken 2oz. MMA Cream Potatoes ½ c. Steamed Broccoli 1/2c. WG Roll 1 G. WG Roll 2 G. (HS) Chilled Strawberry Cup 1/2c. Fresh Apple (HS) Milk Choice 8 oz.	Baked Chicken 2oz. MMA Creamed Potatoes 1/2c. Steamed Broccoli 1/2c. WG Roll 1 G WG Roll 2 G (HS) Chilled Strawberry Cup 1/2c Fresh Apple ½ c (HS) Milk Choice 8 oz.	Chicken/ Pork/ Sausage Jambalaya 2MMA/1G. White Beans 1/2c. Sweet Potatoes 1/2c. Chilled Peaches 1/2c. Chilled Peaches 1 c (HS) WG Roll 1-2 oz. Milk Choice 8 oz.	Chicken/ Pork/ Sausage Jambalaya 2MMA/1G. White Beans 1/2c. Sweet Potatoes 1/2c. Chilled Peaches 1/2c. Chilled Peaches 1 c(HS) WG Roll 1-2 oz. Milk Choice 8 oz.	Preprep Day: No Students Note: Must send home Vegetable Juice with 2 Lunch Bagged Meals
Spaghetti 1/2c 1G. w Meat Sauce 2oz MMA. Serve 1 cup total Seasoned Corn ¾ c. (1 c. HS) WG Bread Sticks 1 G Chilled Mixed Fruit 1/2c Chilled Mixed Fruit 1 c (HS) Milk Choice 8 oz	Spaghetti 1/2c 1G. w Meat Sauce 2oz MMA. Serve 1 cup total Seasoned Corn ¾ c. (1 c. HS) WG Bread Sticks 1 G Chilled Mixed Fruit 1/2c Chilled Mixed Fruit 1 c (HS) Milk Choice 8 oz	Chicken Tenders or Nuggets 2oz. MMA Macaroni & Cheese 1/2c-1c. 1G. .50 Baked Beans ¾ c. (1 c. HS) Chilled Strawberry Cup 1/2c Fresh Apple (HS) WG Roll 1-2oz. Milk Choice 8 oz.	Chicken Tenders or Nuggets 2oz. MMA Macaroni & Cheese 1/2c-1c. 1G. .50 Baked Beans ¾ c. (1 c. HS) Chilled Strawberry Cup 1/2c Fresh Apple (HS) WG Roll 1-2oz. Milk Choice 8 oz.	Preprep Day: No Students Note: Must send home Vegetable Juice with 2 Lunch Bagged Meals
Red Beans w Sausage 2oz MMA Steamed Rice 1/2c-3/4c 1 G. Seasoned Greens ¾ c. (1 c. HS) Chilled Pears ½ c. Chilled Pears 1 c. (HS) Golden Cornbread 1 G. Milk Choice 8 oz	Red Beans w Sausage 2oz MMA Steamed Rice 1/2c-3/4c 1 G. Seasoned Greens ¾ c. (1 c. HS) Chilled Pears ½ c. Chilled Pears 1 c. (HS) Golden Cornbread 1 G. Milk Choice 8 oz	Pepperoni Pizza 2oz MMA/2G. 1/8 RO Seasoned Corn ¾ c. (1 c. HS) Carrot Sticks 1/8 c (HS) Chilled Strawberry Cup ½ c. Fresh Orange 1/2c (HS) Graham Crackers 1G. Milk Choice 8 oz	Pepperoni Pizza 2oz MMA/2G. 1/8 ROV. Seasoned Corn ¾ c. (1 c. HS) Carrot Sticks 1/8 c (HS) Chilled Strawberry Cup ½ c. Fresh Orange 1/2c (HS) Graham Crackers 1G. Milk Choice 8 oz	Preprep Day: No Students Note: Must send home Vegetable Juice with 2 Lunch Bagged Meals
Beef-a-Roni 2oz MMA/1G. Popeye Salad 1 4 c=3/4 c VDG. Popeye Salad 2 c= 1 c VDG (HS) Chilled Mixed Fruit 1/2c. Chilled Mixed Fruit 1 c. (HS) WG Bread Stick 1 G. Milk Choice 8 oz				



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SEPTEMBER 2020

2 Day Week Menus

Monday	Tuesday	Wednesday	Thursday	Friday
	Cinnamon Rolls 2 G 1/2c Juice/Fruit Choice 1/2 c Milk Choice 8 oz. 1 Grab & Go Same Menu	Pancakes, Mini Color Sprinkled 2G./ Juice 1/2 c Fruit Choice 1/2c Milk Choice 8 oz. 2 Grab & Go Same Menu	Pancakes, Mini Color Sprinkled 2G./ Juice 1/2 c Fruit Choice 1/2c Milk Choice 8 oz. 3 Grab & Go Same Menu	NOTE: Send only one breakfast and lunch home on Thursday No Students: Preprep Day 4
Holiday 7	French Toast Sticks 2 G Fruit Choice 1/2 c/ Juice 1/2 c Milk Choice 8 oz. 8 Grab & Go Same Menu	Belgium Waffles 2 G Syrup Juice 1/2c/ Fruit Choice 1/2 c Milk Choice 8 oz. 9 Grab & Go Same Menu	Belgium Waffles 2 G Syrup Juice 1/2c/ Fruit Choice 1/2 c Milk Choice 8 oz. 10 Grab & Go Same Menu	No Students: Preprep Day 11
Biscuit 2 G/Chicken Patty 1G Fruit Choice 1/2 c/ Juice 1/2 c Milk Choice 8 oz. 14 Grab & Go Same Menu	Biscuit 2 G/Chicken Patty 1G Fruit Choice 1/2 c/ Juice 1/2 c Milk Choice 8 oz. 15 Grab & Go Same Menu	Pancake & Sausage Sandwich 2 G/Fruit Choice 1/2 c Juice 1/2 c/ Milk 8 oz. 16 Grab & Go Same Menu	Pancake & Sausage Sandwich 2 G/Fruit Choice 1/2 c Juice 1/2 c/ Milk 8 oz. 17 Grab & Go Same Menu	No Students: Preprep Day 18
Pancakes, Mini Color Sprinkled 2G./ Juice 1/2 c Fruit Choice 1/2c Milk Choice 8 oz. 21 Grab & Go Same Menu	Pancakes, Mini Color Sprinkled 2G./ Juice 1/2 c Fruit Choice 1/2c Milk Choice 8 oz. 22 Grab & Go Same Menu	Pancake on Stick 2 G/ Syrup Fruit Choice 1/2 c/ Juice 1/2 c Milk Choice 8 oz. 23 Grab & Go Same Menu	Pancake on Stick 2 G/ Syrup Fruit Choice 1/2 c/ Juice 1/2 c Milk Choice 8 oz. 24 Grab & Go Same Menu	No Students: Preprep Day 25
Cinnamon Rolls 2 G 1/2c Juice/Fruit Choice 1/2 c Milk Choice 8 oz. 28 Grab & Go Same Menu	Cinnamon Rolls 2 G 1/2c Juice/Fruit Choice 1/2 c Milk Choice 8 oz. 29 Grab & Go Same Menu	Biscuit 2 G/Chicken Patty 1G Fruit Choice 1/2 c/ Juice 1/2 c Milk Choice 8 oz. 30 Grab & Go Same Menu		

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Monday

Tuesday

Wednesday

Thursday

Friday

7
Holiday

14
Beef Tacos 2oz. MMA w/W Cheese
Tortilla Flour 2 WG.
Lettuce 1c.= ½ c/ Tomato 1/8c.
Black Beans ½ c.
Chilled Strawberry Cup 1/2c.
Fresh Pear ½ c. (HS)
Salsa 2 oz./Cookie 1 G
Milk Choice 8 oz.

21
Breaded Chicken 2MMA WG Bun 2G
Lettuce ½=1/4c/Tomato 1/8c
French Fries ½ c; 1 c. (HS)
Baked Beans ½
Chilled Applesauce 1/2c
Chilled Applesauce 1 c. (HS)
Milk Choice 8 oz.

28
Hot Dogs w/ Chili 2.5 MMA/ 1.5 G.
Baked Beans 1/2c. VL
Tator Tots 1/2c
Chilled Pears 1/2c.
Chilled Pears 1 c. (HS)
Choice of Baked Chips 1G.
Milk Choice 8 oz.
Option Sloppy Joe

1
Beef-a-Roni 2oz MMA/1G.
Popeye Salad 1 ¼ c=3/4 c VDG.
Popeye Salad 2 c= 1 c VDG (HS)
Chilled Mixed Fruit 1/2c.
Chilled Mixed Fruit 1 c. (HS)
WG Bread Stick 1 G.
Milk Choice 8 oz

8
Mini Corn Dog Nuggets 2 oz. MMA / 2
WGR. / Savory Onion Rings 1/2c
Baked Beans 1/2c
Mixed Fruit 1/2c.
Mixed Fruit 1 c. (HS)
Graham Crackers or Cookies 1G.
Milk Choice 8 oz.
Optional: Corn Dogs

15
Beef Tacos 2oz. MMAW Cheese
Tortilla Flour 2 WG.
Lettuce 1c.= ½ c/ Tomato 1/8c.
Black Beans ½ c.
Chilled Strawberry Cup 1/2c.
Fresh Pear ½ c. (HS)
Salsa 2 oz./Cookie 1 G
Milk Choice 8 oz.

22
Breaded Chicken 2MMA WG Bun 2G
Lettuce ½=1/4c/Tomato 1/8c
French Fries ½ c; 1 c. (HS)
Baked Beans ½
Chilled Applesauce 1/2c
Chilled Applesauce 1 c. (HS)
Milk Choice 8 oz.

29
Hot Dogs w/ Chili 2.5 MMA/ 1.5 G.
Baked Beans 1/2c. VL
Tator Tots 1/2c
Chilled Pears 1/2c.
Chilled Pears 1 c. (HS)
Choice of Baked Chips 1G.
Milk Choice 8 oz.
Option Sloppy Joe

2
BBQ Chicken 2oz. MMA
Baked Beans 1/2c.
Carrot Sticks w/Dip 1/4-1/2c (HS)
WG Roll 1
WG Roll 2 G. (HS)
Chilled Orange 1/2c.
Chilled Mixed Fruit 1c (HS)
Milk Choice 8 oz.

9
Chicken/Pork/ Turkey Stew 2 oz.
(Choice)
Steamed Rice 1/2c-3/4c 1G.
Sweet Potatoes 1/2c. ROV
Sweet Potatoes 1c. (HS)
Chilled Strawberry Cup ½ c.
Fresh Oranges (whole) HS
WG Roll 1-2 G/ Milk 8 oz.

16
White Beans ½-3/4c/ -Ham 1oz. MMA
Steamed Rice 1/2c-3/4c 1G
Seasoned Greens 1/2c.; 1 c. (HS)
Chilled Sliced Peaches 1/2c.
Chilled Sliced Peaches 1 c. (HS)
Chilled Golden Cornbread 1 G.
Milk Choice 8 oz.

23
Meatloaf 2 oz. MMA w/ Gravy
Loaded Mashed Potatoes ½ c.
Steamed Garlic Broccoli ½ c.
Chilled Strawberry Cup ½ c.
Fresh Orange ½ c (HS)
WG Roll 1/WG Roll 2 G.(HS)
Milk 8 oz.

30
Baked Chicken 2oz. MMA
Dirty Rice 1/2c.
Steamed Broccoli 1/2c.
WG Roll 1 G
WG Roll 2 G (HS)
Chilled Strawberry Cup 1/2c
Fresh Apple ½ c (HS)
Milk Choice 8 oz.

3
BBQ Chicken 2oz. MMA
Baked Beans 1/2c.
Carrot Sticks W D1/4-1/2c (HS)
WG Roll 1
WG Roll 2 G.(HS)
Chilled Orange 1/2c.
Chilled Mixed Fruit 1c (HS)
Milk Choice 8 oz.

10
Chicken/Pork/ Turkey Stew 2 oz.
(Choice)
Steamed Rice 1/2c-3/4c 1G.
Sweet Potatoes 1/2c. ROV
Sweet Potatoes 1c. (HS)
Chilled Strawberry Cup ½ c.
Fresh Oranges (whole) HS
WG Roll 1-2 G/ Milk 8 oz.

17
White Beans ½-3/4c/ -Ham 1oz. MMA
Steamed Rice 1/2c-3/4c 1G
Seasoned Greens 1/2c.; 1 c. (HS)
Chilled Sliced Peaches 1/2c.
Chilled Sliced Peaches 1 c. (HS)
Golden Cornbread 1 G.
Milk Choice 8 oz.

24
Meatloaf 2 oz. MMA w/ Gravy
Loaded Mashed Potatoes ½ c.
Steamed Garlic Broccoli ½ c.
Chilled Strawberry Cup ½ c.
Fresh Orange ½ c (HS)
WG Roll 1/WG Roll 2 G. (HS)
Milk 8 oz.

4
Preprep Day: No Students
Note: Must send home Vegetable Juice with 2 Lunch Bagged Meals

11
Preprep Day: No Students
Note: Must send home Vegetable Juice with 2 Lunch Bagged Meals

18
Preprep Day: No Students
Note: Must send home Vegetable Juice with 2 Lunch Bagged Meals

25
Preprep Day: No Students
Note: Must send home Vegetable Juice with 2 Lunch Bagged Meals



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