

August 2023

Breakfast Menu



Monday	Tuesday	Wednesday	Thursday	Friday
FEATURED ENTREE OF THE DAY				
31	1	2	3	4
Frosted Flakes Cereal w/ Honey Grahams	Vanilla Concha	Cinnamon Chex Cereal w/ Honey Grahams	Blueberry Muffin	Frosted Flakes Cereal w/ Honey Grahams
Bagel w/ Cream Cheese	Lemon Muffin	Banana Bread	Yogurt Cup w/ Honey Grahams	Vanilla Mini Loaf & String Cheese
Apple x 2	Pear x 2	Orange x 2	Apple x 2	100% Fruit Juice & Pear
7	8	9	10	11
Frosted Flakes Cereal w/ Honey Grahams	Vanilla Concha w/ Pear	Cinnamon Chex Cereal w/ Honey Grahams	Lemon Muffin	Cheerios Cereal w/ Honey Grahams
Cinnamon Delight Bar	Yogurt Parfait w/ Berries Honey Grahams	Banana Bread	French Toast Sticks	Vanilla Mini Loaf & String Cheese
Orange & Apple	Banana	100% Fruit Juice & Apple	Orange & Pear	Pear & Apple
14	15	16	17	18
Frosted Flakes Cereal w/ Honey Grahams	Vanilla Concha	Cinnamon Chex Cereal w/ Honey Grahams	Blueberry Muffin	Cheerios Cereal w/ Honey Grahams
Cinnamon Crumble (BV)	Cinnamon Waffles Syrup	Berry Apple Crisp Bar	Scrambled Egg & Cheese Breakfast Sandwich	Bagel w/ Cream Cheese
Orange & Apple	Banana & Pear	100% Fruit Juice & Apple	Orange & Pear	Pear & Apple
21	22	23	24	25
Frosted Flakes Cereal w/ Honey Grahams	Vanilla Concha	Cinnamon Chex Cereal w/ Honey Grahams	Vanilla Muffin	Cheerios Cereal w/ Honey Grahams
Mantecada Sweet Bread	Breakfast Cheese Tamale	Cinnamon Roll	Pancake Stack Syrup	Cranberry Oatmeal Round
Orange & Apple	Banana & Pear	100% Fruit Juice & Apple	Orange & Pear	Pear & Apple
28	29	30	31	1
Frosted Flakes Cereal w/ Honey Grahams	Vanilla Concha w/ Pear	Cinnamon Chex Cereal w/ Honey Grahams	Lemon Muffin	Cheerios Cereal w/ Honey Grahams
Cinnamon Delight Bar	Yogurt Parfait w/ Berries Honey Grahams	Banana Bread	French Toast Sticks	Vanilla Mini Loaf & String Cheese
Orange & Apple	Banana & Pear	100% Fruit Juice & Apple	Orange & Pear	Pear & Apple

All entrées served with choice of 1% milk or fat free milk. All grain items offered are Whole Grain Rich. This institution is an equal opportunity provider. Menus are subject to change without notice.

August 2023

Lunch NSLP K-8 Menu



Monday	Tuesday	Wednesday	Thursday	Friday
WEEKLY 5 FAVE				
Cheeseburger Oven Baked Fries	Baked Ziti w/ Meat Sauce	Chicken Tamale w/ Seasoned Corn	Turkey Nachos Poptillas Chips	Deep Dish Pepperoni Pizza
COLD ENTREES OF THE DAY				
Turkey & Cheese Torta Side of Baked Fries	Smoked Turkey & Cheese Sandwich on Knot Roll <i>Baby Carrots</i>	Chicken Salad Sandwich <i>Celery Sticks</i>	Italian Turkey Submarine <i>Garbanzo Bean & Tomato Salad</i>	Smoked Turkey & Cheese Sandwich on Knot Roll
Double Cheese Torta Side of Baked Fries	Soy Butter & Jelly Sandwich <i>Baby Carrots</i>	Build Your Own Cheese Pizza Kit Marinara Sauce	Artisan Cheese Sandwich <i>Garbanzo Bean & Tomato Salad</i>	Egg Salad Sandwich
ENTRÉE SALAD OF THE DAY				
		Vegetable Chef Salad w/ Egg & Cheese Poptillas Chips <i>Ranch Dressing</i>	Chicken Taco Salad Poptillas Chips <i>Ranch Dressing</i>	Chicken Caprese Salad Poptillas Chips <i>Italian Dressing</i>
FEATURED ENTRÉE OF THE DAY				
31		2	3	4
Hot Dog Oven Baked Fries	Cheese Lasagna w/ Tomato Basil Sauce	Chicken Tamale w/ Seasoned Corn	Chicken Teriyaki w/ Steamed Carrots & Not So Fried Rice	Pepperoni Deep Dish Pizza
Turkey & Cheese Torta Side of Oven Baked Fries	Italian Turkey Submarine <i>Baby Carrots</i>	Chicken Salad Sandwich <i>Cucumber Slices</i>	Smoked Turkey & Cheese Sandwich on Knot Roll <i>Baby Carrots</i>	Italian Turkey Submarine
Sunbutter Cup, String Cheese, & Wheat Crackers Side of Oven Baked Fries	Cheese Pizza Kit Marinara Sauce Cup	Double Cheese Sandwich on Artisan Bread <i>Cucumber Slices</i>	Wowbutter Sandwich <i>Baby Carrots</i>	Double Cheese Sandwich on Artisan Bread
<i>Baby Carrots</i>	<i>Baby Carrots</i>	<i>Garbanzo Bean Salad</i>	<i>Baby Carrots</i>	<i>Side Salad w/ Ranch</i>
<i>100% Fruit Juice (4 oz)</i>	<i>Orange</i>	<i>Pear</i>	<i>Apple</i>	<i>Orange</i>
7	8	9	10	11
Chicken Patty Burger Oven Baked Fries	Chicken Alfredo Pasta w/ Steamed Broccoli	Chicken Enchiladas w/ Creamy Green Salsa	Turkey & Bean Chili <i>Poptillas Chips</i>	Beef, Bean & Cheese Burrito
Cheese Melt Oven Baked Fries	Cheesy Alfredo Pasta w/ Steamed Broccoli	Cheese Tamale w/ Black Beans	Bean & Cheese Pupusa w/ Pinto Beans	Deep Dish Cheese Pizza
<i>Baby Carrots</i>	<i>Baby Carrots</i>	<i>Celery Sticks</i>	<i>Jicama Sticks</i>	<i>Romaine Side Salad w/ Ranch</i>
<i>100% Fruit Juice (4 oz)</i>	<i>Orange</i>	<i>Banana</i>	<i>Apple</i>	<i>Orange</i>
14	15	16	17	18
Hot Dog Oven Baked Fries	Chicken Nuggets w/ Roasted Potatoes	Firecracker Chicken w/ Yakisoba Noodles Cabbage & Carrots	Chicken Burrito Bowl w/ Black Beans & Rice	Hamburger
Cheese Melt Oven Baked Fries	Cheese Lasagna w/ Marinara Sauce	Cheese Tamale w/ Black Beans	Bean & Cheese Pupusa w/ Pinto Beans	Deep Dish Cheese Pizza
<i>Baby Carrots</i>	<i>Baby Carrots</i>	<i>Celery Sticks</i>	<i>Jicama Sticks</i>	<i>Lettuce, Tomatoes, Pickles Kit</i>
<i>100% Fruit Juice (4 oz)</i>	<i>Orange</i>	<i>Banana</i>	<i>Apple</i>	<i>Orange</i>
21	22	23	24	25
Grilled Chicken Sandwich Oven Baked Fries <i>BBQ Sauce Packet</i>	Chicken Teriyaki Not So Fried Rice w/ Steamed Carrots	Breakfast for Lunch: Pancake, Egg Patty & Seasoned Potatoes <i>Syrup</i>	Chicken Fajitas w/ Pinto Beans Tortillas	Macaroni & Cheese
Cheese Melt Oven Baked Fries	Cheesy Baked Ziti w/ Marinara Sauce	Cheese Tamale w/ Black Beans	Bean & Cheese Pupusa w/ Pinto Beans	Deep Dish Cheese Pizza
<i>Baby Carrots</i>	<i>Baby Carrots</i>	<i>Celery Sticks</i>	<i>Cucumber Slices w/ Tajin</i>	<i>Romaine Side Salad w/ Ranch</i>
<i>100% Fruit Juice (4 oz)</i>	<i>Orange</i>	<i>Banana</i>	<i>Apple</i>	<i>Orange</i>
28	29	30	31	1
Chicken Patty Burger Oven Baked Fries	Chicken Alfredo Pasta w/ Steamed Broccoli	Chicken Enchilada w/ Creamy Green Salsa	Turkey & Bean Chili <i>Poptillas Chips</i>	Beef, Bean & Cheese Burrito
Cheese Melt Oven Baked Fries	Cheesy Alfredo Pasta w/ Steamed Broccoli	Cheese Tamale w/ Black Beans	Bean & Cheese Pupusa w/ Pinto Beans	Deep Dish Cheese Pizza
<i>Baby Carrots</i>	<i>Baby Carrots</i>	<i>Celery Sticks</i>	<i>Jicama Sticks</i>	<i>Romaine Side Salad w/ Ranch</i>
<i>100% Fruit Juice (4 oz)</i>	<i>Orange</i>	<i>Banana</i>	<i>Apple</i>	<i>Orange</i>

All entrées served with choice of 1% milk or fat free milk. All grain items offered are Whole Grain Rich.
This institution is an equal opportunity provider. Menus are subject to change without notice.

August 2023

Lunch NSLP 9-12 Menu



Monday	Tuesday	Wednesday	Thursday	Friday
WEEKLY 5 FAVE				
Cheeseburger Oven Baked Fries	Baked Ziti w/ Meat Sauce Wheat Crackers	Chicken Tamale w/ Seasoned Corn	Turkey Nachos Poptillas Chips	Deep Dish Pepperoni Pizza
COLD ENTREES OF THE DAY				
Turkey & Cheese Torta Side of Baked Fries	Smoked Turkey & Cheese Sandwich on Knot Roll Baby Carrots	Chicken Salad Sandwich Celery Sticks	Italian Turkey Submarine Garbanzo Bean & Tomato Salad	Smoked Turkey & Cheese Sandwich on Knot Roll
Double Cheese Torta Side of Baked Fries	Soy Butter & Jelly Sandwich Baby Carrots	Build Your Own Cheese Pizza Kit Marinara Sauce Cup	Artisan Cheese Sandwich Garbanzo Bean & Tomato Salad	Egg Salad Sandwich
ENTRÉE SALAD OF THE DAY				
		Vegetable Chef Salad w/ Egg & Cheese Poptillas Chips Ranch Dressing	Chicken Taco Salad Poptillas Chips Ranch Dressing	Chicken Caprese Salad Poptillas Chips Italian Dressing
FEATURED ENTRÉE OF THE DAY				
31	1	2	3	4
Hot Dog Oven Baked Fries	Cheese Lasagna w/ Tomato Basil Sauce Wheat Crackers	Chicken Tamale w/ Seasoned Corn	Chicken Teriyaki w/ Steamed Carrots & Not So Fried Rice	Pepperoni Deep Dish Pizza Celery Sticks
Turkey & Cheese Torta Side of Baked Fries	Italian Turkey Submarine	Chicken Salad Sandwich	Smoked Turkey & Cheese Sandwich on Knot Roll	Italian Turkey Submarine Celery Sticks
Sunbutter Cup, String Cheese, & Wheat Crackers Side of Baked Fries	Cheese Pizza Kit Marinara Sauce	Double Cheese Sandwich on Artisan Bread	Wowbutter Sandwich	Double Cheese Sandwich on Artisan Bread Celery Sticks
<i>Baby Carrots</i>	<i>Baby Carrots</i> <i>Fruitable Juice</i>	<i>Garbanzo Bean Salad</i> <i>Fruitable Juice</i>	<i>Baby Carrots</i> <i>Baby Carrots</i>	<i>Side Salad w/ Ranch</i>
<i>100% Fruit Juice & Orange</i>	<i>Orange & Apple</i>	<i>Apple & Pear</i>	<i>Orange & Pear</i>	<i>Pear & Apple</i>
7	8	9	10	11
Chicken Patty Burger Oven Baked Fries	Chicken Alfredo Pasta w/ Steamed Broccoli	Chicken Enchiladas w/ Creamy Green Salsa	Turkey & Bean Chili Poptillas Chips	Beef, Bean & Cheese Burrito
Cheese Melt Oven Baked Fries	Cheesy Alfredo Pasta w/ Steamed Broccoli	Cheese Tamale w/ Black Beans	Bean & Cheese Pupusa w/ Pinto Beans	Deep Dish Cheese Pizza
<i>Baby Carrots</i>	<i>Baby Carrots</i>	<i>Celery Sticks</i>	<i>Jicama Sticks</i>	<i>Romaine Side Salad w/ Ranch</i>
<i>100% Fruit Juice & Orange</i>	<i>Orange & Apple</i>	<i>Banana & Pear</i>	<i>Apple & Orange</i>	<i>Orange & Pear</i>
14	15	16	17	18
Hot Dog Oven Baked Fries	Chicken Nuggets w/ Roasted Potatoes	Firecracker Chicken w/ Yakisoba Noodles Cabbage & Carrots	Chicken Burrito Bowl w/ Black Beans & Rice	Hamburger
Cheese Melt Oven Baked Fries	Cheese Lasagna w/ Marinara Sauce Wheat Crackers	Cheese Tamale w/ Black Beans	Bean & Cheese Pupusa w/ Pinto Beans	Deep Dish Cheese Pizza
<i>Baby Carrots</i>	<i>Baby Carrots</i>	<i>Celery Sticks</i>	<i>Jicama Sticks</i>	<i>Lettuce, Tomatoes, Pickles Kit</i>
<i>100% Fruit Juice & Orange</i>	<i>Orange & Apple</i>	<i>Banana & Pear</i>	<i>Apple & Orange</i>	<i>Orange & Pear</i>
21	22	23	24	25
Grilled Chicken Sandwich Oven Baked Fries BBQ Sauce Packet	Chicken Teriyaki Not So Fried Rice w/ Steamed Carrots	Breakfast for Lunch: Pancake, Egg Patty & Seasoned Potatoes Syrup	Chicken Fajitas w/ Pinto Beans Tortillas	Macaroni & Cheese
Cheese Melt Oven Baked Fries	Cheesy Baked Ziti w/ Marinara Sauce	Cheese Tamale w/ Black Beans	Bean & Cheese Pupusa w/ Pinto Beans	Deep Dish Cheese Pizza
<i>Baby Carrots</i>	<i>Baby Carrots</i>	<i>Celery Sticks</i>	<i>Cucumber Slices w/ Tajin</i>	<i>Romaine Side Salad w/ Ranch</i>
<i>100% Fruit Juice & Orange</i>	<i>Orange & Apple</i>	<i>Banana & Pear</i>	<i>Apple & Orange</i>	<i>Orange & Pear</i>
28	29	30	31	1
Chicken Patty Burger Oven Baked Fries	Chicken Alfredo Pasta w/ Steamed Broccoli	Chicken Enchiladas w/ Creamy Green Salsa	Turkey & Bean Chili Poptillas Chips	Beef, Bean & Cheese Burrito
Cheese Melt Oven Baked Fries	Cheesy Alfredo Pasta w/ Steamed Broccoli	Cheese Tamale w/ Black Beans	Bean & Cheese Pupusa w/ Pinto Beans	Deep Dish Cheese Pizza
<i>Baby Carrots</i>	<i>Baby Carrots</i>	<i>Celery Sticks</i>	<i>Jicama Sticks</i>	<i>Romaine Side Salad w/ Ranch</i>
<i>100% Fruit Juice & Orange</i>	<i>Orange & Apple</i>	<i>Banana & Pear</i>	<i>Apple & Orange</i>	<i>Orange & Apple</i>

All entrées served with choice of 1% milk or fat free milk. All grain items offered are Whole Grain Rich.
This institution is an equal opportunity provider. Menus are subject to change without notice.