

AUGUST | 2024

Unitized School Lunch



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

29

5 Crispy Chicken Sandwich
WG Bun
Steamed Corn
Baby Carrots
Pear
Milk

30

6 PB & J Un crustable
Steamed Edamame
Cheesy Potatoes
Mandarin Oranges
Milk

31

7 Grilled Chicken Breast
Steamed Carrots
Fruitable
Banana
Milk

1

1 Cheeseburger
WG Bun
Green Beans
Cauliflower Florets
Sidekick
Milk

2

2 Pizza
Broccoli Florets
Grape Tomatoes
Apple
Cookie
Milk

5

12 Salisbury Steak
WG Bun
Steamed Peas
Carrot Coins
Pear &
Milk

13

13 Beef Walking Taco
WG Doritos
Refried Beans
Salsa Cups
Shredded Cheese
Applesauce
Milk

14

14 Cheese Calzone
Steamed Carrots
Fruitable
Banana
Milk

15

15 Grilled Chicken Breast
WG Bun
Green Beans
Broccoli Florets
Peach Cup
Milk

16

16 Pizza
Broccoli Florets
Grape Tomatoes
Apple
Cookie
Milk

19

19 WG Pepperoni Calzone
Steamed Carrots
Broccoli Florets
Pear
Milk

20

20 WG Egg & Cheese Calzone
Cheesy potatoes
Fruitable
String Cheese & Goldfish
Applesauce
Milk

21

21 WG Beef Taco Stick
Salsa Cup
Refried Beans
Banana
Milk

22

22 Meatloaf Sandwich
WG Bun
Steamed Corn
Marinara Cup
Mixed Fruit Cup
Milk

23

23 Pizza
Broccoli Florets
Grape Tomatoes
Apple
Cookie
Milk

26

26 Sloppy Joes
WG Bun
Steamed Cauliflower
Baby Carrots
Pear
Milk

27

27 Chicken Sandwich
WG Bun
Steamed Edamame
Celery Sticks
Mixed Fruit Cup
Milk

28

28 Hamburger
WG Bun
Green Beans
Broccoli Florets
Banana
Milk

29

29 Ham & Cheese Pocket
Steamed Carrots
Cauliflower Florets
Fruitable
Pineapple Cup
Milk

30

30 Pizza
Broccoli Florets
Grape Tomatoes
Apple
Cookie
Milk

News

Please note that items may be substituted due to availability

Meat/Alternate

Grades K-5 - 1oz per day/ 8 oz. per week
Grades 6-8 - 1oz per day/ 9 oz. per week
Grades 9-12 - 2 oz. per day/ 10 oz. per week

Grain/Bread

Grades K-5 - 1oz per day/ 8 oz. per week
Grades 6-8 - 1oz per day/ 8 oz. per week
Grades 9-12 - 2oz per day/ 10 oz. per week

Fruit

Grade K-8 - ½ cup per day/ 2 ½ cups per week
Grades 9-12 - 1 cup per day/ 5 cups per week

Vegetable

Grades K-8 - ¾ cup per day/ 3 ¾ cups per week
Grades 9-12 - 1 cup per day/ 5 cups per week

Milk

1 cup 1% or Fat Free