

Guidelines for secondary students: milk, vegetables, fruit or 100% juices are offered at every meal; cereal, milk and 100% fruit juices are available every morning.

# AUGUST 2018

## Middle School

Daily Selections: Choice of fresh fruits, fresh or steamed vegetables, whole grain (WG) rolls, entrée salads, yogurt, cereal, main entrée and alternate.

Monday

Tuesday

Wednesday

Thursday

Friday

1

2

3

6



9

10

13

16

17

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23

24

Grab 'n Go Breakfast

27

Pizza  
Steamed Carrots

Alt: Grilled Chicken Wrap

Grab 'n Go Breakfast

28

Chicken Nuggets w/Sauce  
Red Beets  
Steamed Peas

Alt: Grilled Chicken Wrap

Grab 'n Go Breakfast

29

Taco (soft or hard) w/Lettuce,  
Tomato, Cheese, Nacho Chips,  
Black Bean Salsa

Alt: Grilled Chicken Wrap

Grab 'n Go Breakfast

30

California Cheeseburger  
Crispy Fries  
Steamed Corn

Alt: Grilled Chicken Wrap

SCHOOLS CLOSED  
LABOR DAY HOLIDAY



Breakfast: \$1.95  
Lunch: \$2.90

Reduced Breakfast: \$0.30  
Reduced Lunch: \$0.40

Included with all meals is a choice of: Fruit, Juice, or Milk.  
Menu is subject to availability and change without notice.