

# Lunch Menu



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

August - September 2024

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
08/12-08/16	<p><b>Hot Dog / WG Bun</b> Baby carrots ½ c Orange ½ c LF Milk 1 c</p> <p>Alt - Chef Salad 3 c</p>	<p><b>WG Fish Sandwich 3 oz</b> Coleslaw ½ c Gala Apple ½ c LF Milk 1 c</p> <p>Alt- Chef Salad 3 c</p>	<p><b>Chili Mac w/ green chile 1 c</b> Cucumber slices ½ c Apple ½ c LF Milk 1 c</p> <p>Alt - Chef Salad 3 c</p>	<p><b>Hamburger/ WG Bun</b> Celery sticks ½ c Orange ½ c LF Milk 1 c</p> <p>Alt - Chef Salad 3 c</p>	<p><b>Orange Chicken 4 oz</b> Vegetable Fried Rice ½ c Applesauce ½ c LF Milk 1 c</p> <p>Alt - Chef Salad 3 c</p>
08/19-08/23	<p><b>Chicken Tostadas</b> Refried Beans ½ c Chopped Salad ¼ c Orange ½ c LF Milk 1 c</p> <p>Alt - Chef Salad 3 c</p>	<p><b>Salisbury Steak 3 oz</b> Mashed Potatoes ½ c WG Roll 1.25 oz Red Apple ½ c LF Milk 1 c</p> <p>Alt- Chef Salad 3 c</p>	<p><b>Corn Dog 4 oz</b> Cucumber slices ½ c Pear ½ c LF Milk 1 c</p> <p>Alt - Chef Salad 3 c</p>	<p><b>WG Bean &amp; Cheese Burrito</b> Baby Carrots ½ c Gala Apple ½ c LF Milk 1 c</p> <p>Alt - Chef Salad 3 c</p>	<p><b>WG Popcorn Chicken 3.2 oz</b> Baked Fries ½ c Orange ½ c LF Milk 1 c</p> <p>Alt - Chef Salad 3 c</p>
08/26-08/30	<p><b>Hamburger/WG Bun</b> Baby Carrots ½ c Orange ½ c LF Milk 1 c</p> <p>Alt - Chef Salad 3 c</p>	<p><b>Ham &amp; Cheese Sub/WG Roll</b> Cucumber slices ¼ c Pear ½ c LF Milk 1 c</p> <p>Alt - Chef Salad 3 c</p>	<p><b>Spaghetti w/ mt sauce 1 c</b> Broccoli Florets ½ c Granny Apple ½ c LF Milk 1 c</p> <p>Alt - Chef Salad 3 c</p>	<p><b>WG Grilled Cheese Sandwich</b> 4.19 oz Grape tomatoes ¼ c Clementine ½ c LF Milk 1 c</p> <p>Alt - Chef Salad 3 c</p>	<p><b>Bean &amp; Cheese Burrito</b> 5.2 oz Romaine salad ½ c Apple ½ c LF Milk 1 c</p> <p>Alt - Chef Salad 3 c</p>
09/02-09/06	<p><b>LABOR DAY HOLIDAY</b> <b>NO CLASSES</b></p>	<p><b>Red Chile pork w/ potato 1 c</b> Romaine salad ½ c WG Flour tortilla 2 oz Golden Apple ½ c LF Milk 1 c</p> <p>Alt - Chef Salad 3 c</p>	<p><b>WG Chicken Sandwich 3 oz</b> / WG Bun Cucumber slices ½ c Fresh Pear ½ c LF Milk 1 c</p> <p>Alt - Chef Salad 3 c</p>	<p><b>WG Mac &amp; Cheese 1 c</b> Green Beans ½ c Orange ½ c LF Milk 1 c</p> <p>Alt - Chef Salad 3 c</p>	<p><b>WG Chicken Nuggets 3.1 oz</b> Mashed potatoes ½ c Applesauce ½ c LF Milk 1 c</p> <p>Alt - Chef Salad 3 c</p>

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