



August 2019 K-8 Lunch 4 Week

Monday	Tuesday	Wednesday	Thursday	Friday
29	30	31	Whole Grain Cheese Pizza Mixed Vegetables Fruit 1	WG Mini Corn Dogs Broccoli Fruit Mustard 2
Whole Grain Chicken Cheese Enchiladas w/Tomato Sauce Brown Rice & Beans California Veggies Fruit 5	Turkey & Cheese Panini On Whole Grain Panini Potato Wedges Fruit Ketchup 6	Whole Grain Cheese Quesadilla Black Beans & Corn Fruit w/Sour Cream 7	Whole Grain Cheese Pizza Carrots Fruit 8	Whole Grain Chicken Nuggets Baked Beans Fruit BBQ Dipping Sauce 9
Steak & Cheese Sub on Whole Grain Sub Roll Sweet Potato Wedges Fruit Ketchup 12	Chicken Teriyaki Drumstick Whole Grain Brown Rice Mixed Vegetables Fruit 13	American Chop Suey Whole Grain Pasta Broccoli Fruit 14	Whole Grain Cheese Pizza Green Beans Fruit 15	Buffalo Chicken & Cheese Panini On Whole Grain Panini Potato Wedges Fruit Ketchup 16
Chicken Alfredo Whole Grain Pasta Broccoli Fruit 19	Turkey Meatball Sub w/Marinara on Whole Grain Sub Roll Mixed Vegetables Fruit 20	Chicken Nachos WG Baked Tortilla Chips Black Beans & Corn Fruit 21	Whole Grain Cheese Pizza Carrots Fruit 22	BBQ Chicken Drumsticks Whole Grain Brown Rice Broccoli Fruit 23
Jambalaya w/Turkey Kielbasa Whole Grain Brown Rice Sweet Potato Hash Fruit 26	WG Breaded Chicken Tenders Loaded Cheesy Potato Boat Sweet & Sour Sauce Fruit 27	Turkey Burger Whole Wheat Hamburger Bun Baked Beans Fruit Ketchup 28	Whole Grain Cheese Pizza California Veggies 29	WG Mini Corn Dogs Broccoli Fruit Mustard 30