



# What's on the Menu?

## SULS August Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
<p>8 Blueberry muffin With yogurt</p> <p>Assorted Cereal Honey Graham Crackers Fresh Whole Fruit Assorted Fruit Juice</p>	<p>9 Cinn. French Toast sticks</p> <p>Assorted Cereal Honey Graham Crackers Fresh Whole Fruit Assorted Fruit Juice</p>	<p>10 Maple waffles</p> <p>Assorted Cereal Sliced Whole Grain Toast Fresh Whole Fruit Assorted Fruit Juice</p>	<p>11 Sausage Biscuit</p> <p>Assorted Cereal Sliced Whole Grain Toast Fresh Whole Fruit Assorted Fruit Juice</p>	<p>12 Pancake on a stick</p> <p>Assorted Cereal Honey Graham Crackers Fresh Whole Fruit Assorted Fruit Juice</p>
<p>15 Breakfast Toasted Ham and Cheese</p> <p>Assorted Cereal Honey Graham Crackers Fresh Whole Fruit Assorted Fruit Juice</p>	<p>16 Blueberry Parfait</p> <p>Assorted Cereal Honey Graham Crackers Fresh Whole Fruit Assorted Fruit Juice</p>	<p>17 Blueberry Bash Waffles Syrup</p> <p>Assorted Cereal Sliced Whole Grain Toast Fresh Whole Fruit Assorted Fruit Juice</p>	<p>18 Cinnamon Roll</p> <p>Whole wheat Toast Assorted Cereal Fresh Whole Fruit Assorted Fruit Juice</p>	<p>19 Breakfast pizza</p> <p>Assorted Cereal Honey Graham Crackers Fresh Whole Fruit Assorted Fruit Juice</p>
<p>22 Cinn-Mini French Toast</p> <p>Assorted Cereal Honey Graham Crackers Fresh Whole Fruit Assorted Fruit Juice</p>	<p>23 Chicken Biscuit</p> <p>Assorted Cereal Honey Graham Crackers Fresh Whole Fruit Assorted Fruit Juice</p>	<p>24 Strawberry/Banana Smoothie</p> <p>Assorted Cereal Sliced Whole Grain Toast Fresh Whole Fruit Assorted Fruit Juice</p>	<p>25 Grilled Cheese Sandwich</p> <p>Assorted Cereal Sliced Whole Grain Toast Fresh Whole Fruit Assorted Fruit Juice</p>	<p>26 Cream Cheese Bagel</p> <p>Assorted Cereal Honey Graham Crackers Fresh Whole Fruit Assorted Fruit Juice</p>
<p>29 Blueberry muffin With yogurt</p> <p>Assorted Cereal Honey Graham Crackers Fresh Whole Fruit Assorted Fruit Juice</p>	<p>30 Cinn. French Toast sticks</p> <p>Assorted Cereal Honey Graham Crackers Fresh Whole Fruit Assorted Fruit Juice</p>	<p>31 Maple waffles</p> <p>Assorted Cereal Sliced Whole Grain Toast Fresh Whole Fruit Assorted Fruit Juice</p>	<p> Vegetarian</p> <p> Locally Grown</p>	



# What's on the Menu?

BACK TO SCHOOL!

## SULS August Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>8</b></p> <p>Chicken Tenders Seasoned Potato Wedge Dinner roll</p> <p>Fresh Carrot Sticks Fresh whole Fruit Choice of milk</p>	<p><b>9</b></p> <p>Turkey Nachos Fiesta Rice</p> <p>Turkey Taco Salad Mexican Style Corn</p> <p>Fresh Whole Fruit Choice of milk</p>	<p><b>10</b></p> <p>Chicken &amp; Sausage Jambalaya Breadstick</p> <p>Seasoned Collards Fresh celery sticks Fresh whole Fruit Choice of milk</p>	<p><b>11</b></p> <p>BBQ Riblet Sandwich Mac &amp; Cheese Baked beans</p> <p>Fresh broccoli florets Fresh Whole Fruit Choice of milk</p>	<p><b>12</b></p> <p>Chicken Sandwich Baked curly Fries</p> <p>Tomato &amp; Cucumber Salad</p> <p>Fresh Whole Fruit Choice of milk</p>
<p><b>15</b></p> <p>Red Beans &amp; Sausage Over Rice</p> <p>Seasoned Turnips Fresh celery sticks Fresh Whole Fruit Choice of milk</p>	<p><b>16</b></p> <p>Turkey Nachos/tacos Fiesta rice Mexicali Beans</p> <p>Fresh cherry tomatoes Fresh Whole Fruit Choice of milk</p>	<p><b>17</b></p> <p>Smothered Chicken Over rice Chili Dog</p> <p>Seasoned carrots Carrot sticks Fresh Whole Fruit Choice of milk</p>	<p><b>18</b></p> <p>Beefaroni Garlic bread stick</p> <p>Seasoned green beans Cucumber slices Fresh Whole Fruit Choice of milk</p>	<p><b>19</b></p> <p>Popcorn Chicken Dinner roll Cheesy potato Seasoned peas</p> <p>Fresh Whole Fruit Choice of milk</p>
<p><b>22</b></p> <p>Meatballs &amp; Spaghetti Garlic breadsticks</p> <p>Seasoned spinach</p> <p>Fresh baby carrots Fresh Whole Fruit Milk of choice</p>	<p><b>23</b></p> <p>Turkey Nachos Fiesta rice</p> <p>Turkey Taco Salad Mexican Style Pinto Beans</p> <p>Fresh cherry tomatoes Fresh Whole Fruit Milk of Fruit</p>	<p><b>24</b></p> <p>Chicken Wrap Smiley Fries Corn on the cob</p> <p>Fun lunch Fresh broccoli Florets Fresh whole fruit Milk of Choice</p>	<p><b>25</b></p> <p>Chicken Alfredo Pasta Garlic breadsticks Seasoned broccoli</p> <p>Fresh slice cucumbers Fresh whole Fruit Milk of Fruit</p>	<p><b>26</b></p> <p>Pepperoni pizza Seasoned Fries Chef salad Breadstick</p> <p>Fresh Celery Sticks Fresh Whole Fruit Choice of Milk</p>
<p><b>29</b></p> <p>Fajita Chicken Seasoned Rice Seasoned broccoli &amp; Cheese</p> <p>Fresh Celery Sticks Fresh whole Fruit Choice of milk</p>	<p><b>30</b></p> <p>Turkey Tacos Fiesta rice Turkey Taco Salad Mexican Style Pinto Beans</p> <p>Cherry tomatoes Fresh Whole Fruit Choice of milk</p>	<p><b>31</b></p> <p>Chicken nuggets Dinner roll Cheesy potatoes Seasoned corn Fun lunch</p> <p>Fresh carrot sticks Fresh whole Fruit Choice of milk</p>	<p> Vegetarian</p> <p> Locally Grown</p>	