

August 24-September 4 Breakfast & Lunch-Main Campus

MONDAY Breakfast	Tuesday Breakfast	Wednesday Breakfast	Thursday Breakfast	Friday Breakfast
24 Cereal & Yogurt or Cereal & Nutri-Grain Bar or Yogurt & Nutri-Grain Bar Fruit Juice, Milk	25 Pancakes & Sausage or Pancakes & Cereal or Sausage & Cereal Fruit Juice, Milk, Syrup	26 Muffin & Cereal or Muffin & Yogurt or Cereal & Yogurt Fruit Juice, Milk	27 Egg & Sausage Taco or Cereal & Graham Crackers, Fruit Juice, Milk Salsa	28 Cereal & Yogurt or Cereal & Nutri-Grain Bar or Yogurt & Nutri-Grain Bar Fruit Juice, Milk
MONDAY Lunch	Tuesday Lunch	Wednesday Lunch	Thursday Lunch	Friday Lunch
24 Spaghetti & Meatballs w/ Marinara Sauce & Shredded Mozzarella Cheese Mixed Greens Salad w/ Tomatoes, Carrots & Cucumbers Seasoned Roasted Broccoli Variety Fresh Fruit Garlic Breadstick Home Made Dressing	25 Seasoned Chopped Chicken and Cheddar Cheese Nachos w/ Corn Tortilla Chips Romaine Salad w/ Tomatoes Home Made Refried Beans Spanish Cilantro Rice Variety Fresh Fruit Salsa-Sour Cream-Jalapenos Home Made Dressing	26 Pita Pizza topped with Marinara Sauce and Mozzarella Cheese Garlic Green Beans Mixed Greens Salad w/ Tomatoes, Carrots & Cucumbers Variety Fresh Fruit Home Made Dressing Jalapenos	27 Seasoned Baked Chicken Drumsticks, Thigh or Breast Steamed Buttered Corn Mixed Greens Salad w/ Tomatoes, Carrots & Cucumbers Variety Fresh Fruit Variety Crackers Home Made Dressing Ketchup-BBQ Sauce-Jalapenos	28 Beef Steak Burger With or Without cheese Baked Potato Wedges Mixed Greens Salad w/ Tomatoes, Carrots & Cucumbers Variety Fresh Fruit Home Made Dressing Ketchup-Mayo-Mustard- Pickles-Jalapenos
31 Macaroni w/ Marinara Sauce With or Without Beef Shredded Mozzarella Cheese Mixed Greens Salad w/ Tomatoes, Carrots & Cucumbers Glazed Sliced Carrots Variety Fresh Fruit Whole Grain Dinner Roll Home Made Dressing	1 Nathans All Beef Chili Dog on a Warmed Bun Baked Tater Tots Mixed Greens Salad w/ Tomatoes, Carrots & Cucumbers Variety Fresh Fruit Home Made Dressing- Relish-Mayo-Mustard Ketchup-Jalapenos	2 Chicken Curry Roasted Carrots Brown Rice Pita Chips with Hummus Mixed Greens Salad w/ Tomatoes, Carrots & Cucumbers Variety Fresh Fruit Home Made Dressing Jalapenos	3 EFWMA Picnic Lunch Smoked Turkey Breast Sticks String Cheese-Cheddar or Mozzarella Fresh Carrot Sticks Fresh Cucumber Slices Pea Salad Variety Fresh Fruit Chips-Variety Home Made Dressing	4 Seasoned Beef /Cheese Nachos w/ Corn Tortilla Chips Romaine Salad w/ Tomatoes Charro Beans Spanish Cilantro Rice Variety Fresh Fruit Home Made Dressing Salsa-Sour Cream-Jalapenos Home Made Dressing

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