

August 2024

LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
12	13	14 Cheese Pizza Kit(250) Roasted Chickpeas(250) Apple (1/2 C)(250) 1% Low Fat White(13) Fat Free Chocolate Milk(238)	15 Hummus, Flatbread & Egg Kit w/ Baby Carrots(225) Cucumber Slices (1/4 C) w/ Tajin(225) 100% Fruit Juice 4 oz(225) 1% Low Fat White(11) Fat Free Chocolate Milk(214)	16 Strawberry Yogurt Parfait w/ Granola Cinnamon Cereal(225) Side Salad - Lettuce, Carrot, Tomato w/Ranch (1 C)(225) 1% Low Fat White(11) Fat Free Chocolate Milk(214)
19 Turkey & Cheese Torta Sandwich w/ Tajin Corn(225) Baby Carrots (1/4 C)(225) 100% Fruit Juice 4 oz(225) 1% Low Fat White(11) Fat Free Chocolate Milk(214)	20 Chicken Salad Sandwich w/ Baby Carrots(225) Baby Carrots (1/2 C)(225) Plum (1/2 C)(225) 1% Low Fat White(11) Fat Free Chocolate Milk(214)	21 Turkey & Cheese Sub Sandwich w/ Baby Carrots(220) Roasted Chickpeas(220) Apple (1/2 C)(220) 1% Low Fat White(11) Fat Free Chocolate Milk(209)	22 Mexican Chicken Salad w/ Romaine Lettuce & Poptillas(215) Cucumber Slices (1/4 C) w/ Tajin(215) 100% Fruit Juice 4 oz(215) 1% Low Fat White(11) Fat Free Chocolate Milk(204)	23 Mantecada Muffin w/ Yogurt & String Cheese & Baby Carrots(215) Side Salad - Lettuce, Carrot, Tomato w/Ranch (1 C)(215) Grapes (1/2 C)(215) 1% Low Fat White(11) Fat Free Chocolate Milk(204)
26 Turkey & Cheese Torta Sandwich w/ Tajin Corn(215) Baby Carrots (1/4 C)(215) 100% Fruit Juice 4 oz(215) 1% Low Fat White(11) Fat Free Chocolate Milk(204)	27 Turkey & Cheese Sub Sandwich w/ Baby Carrots(200) Baby Carrots (1/2 C)(200) Plum (1/2 C)(200) 1% Low Fat White(10) Fat Free Chocolate Milk(190)	28 Cheese Pizza Kit(225) Celery Sticks (1/4 C)(225) Apple (1/2 C)(225) 1% Low Fat White(11) Fat Free Chocolate Milk(214)	29 Chicken Salad Sandwich w/ Baby Carrots(200) Roasted Fava Beans(200) 100% Fruit Juice 4 oz(200) 1% Low Fat White(10) Fat Free Chocolate Milk(190)	30 Chicken Teriyaki Pasta Salad w/ Cabbage & Carrot(225) Side Salad - Lettuce, Carrot, Tomato w/Ranch (1 C)(225) Grapes (1/2 C)(225) 1% Low Fat White(11) Fat Free Chocolate Milk(214)



All entrées served with choice of 1% milk or fat free milk. All grain items offered are Whole Grain Rich. This institution is an equal opportunity provider. **Menus are subject to change without notice.**

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BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
12	13	14 Banana Bread(250) Apple (1/2 C)(250) 100% Fruit Juice 4 oz(250) 1% Low Fat White(238) Fat Free White Milk(13)	15 Blueberry Muffin(250) Apple (1/2 C)(250) Orange (1/2 C)(250) 1% Low Fat White(238) Fat Free White Milk(13)	16 Cinnamon Chex Cereal w/ Honey Grahams(250) Apple (1/2 C)(250) 100% Fruit Juice 4 oz(250) 1% Low Fat White(238) Fat Free White Milk(13)
19 Mantecada Muffin(225) Orange (1/2 C)(225) Apple (1/2 C)(225) 1% Low Fat White(214) Fat Free White Milk(11)	20 Vanilla Concha(225) Applesauce Cup (1/2 C)(225) Pear (1/2 C)(225) 1% Low Fat White(214) Fat Free White Milk(11)	21 Cinnamon Crumble(220) Apple (1/2 C)(220) 100% Fruit Juice 4 oz(220) 1% Low Fat White(209) Fat Free White Milk(11)	22 Vanilla Muffin(220) Apple (1/2 C)(220) Orange (1/2 C)(220) 1% Low Fat White(209) Fat Free White Milk(11)	23 Conchita w/ String Cheese(220) Apple (1/2 C)(220) 100% Fruit Juice 4 oz(220) 1% Low Fat White(209) Fat Free White Milk(11)
26 Cinnamon Crumble(215) Orange (1/2 C)(215) Apple (1/2 C)(215) 1% Low Fat White(204) Fat Free White Milk(11)	27 Vanilla Concha(200) Pear (1/2 C)(200) Dried Cranberries (1/2 C)(200) 1% Low Fat White(190) Fat Free White Milk(10)	28 Banana Bread(200) Apple (1/2 C)(200) 100% Fruit Juice 4 oz(200) 1% Low Fat White(190) Fat Free White Milk(10)	29 Blueberry Muffin(200) Apple (1/2 C)(200) Orange (1/2 C)(200) 1% Low Fat White(190) Fat Free White Milk(10)	30 Cranberry Oatmeal Round(200) Apple (1/2 C)(200) 100% Fruit Juice 4 oz(200) 1% Low Fat White(190) Fat Free White Milk(10)



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