

August K-8 Lunch Menu

2017

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Menu Subject to Change.</p> <p>Each meal served with choice of 1c 1% milk (12g) or 1c fat-free flavored milk (22g). Enjoy!</p>	<p>Salad with Ranch Chicken 1</p> <p>½ c Fresh banana (15) ¼ c Shredded carrots (6) 2oz Roasted chicken over 1c Salad mix 1oz equ WG graham crackers (18) Ranch packet</p>	<p>Ham and Cheese on Bun 2</p> <p>½ c Fresh orange (15) 1c Romaine lettuce 1.5oz Sliced turkey ham, 0.5oz American cheese on 1.5oz WG bun (19) 0.5oz equ WG crackers (10) Ranch packet</p>	<p>Italian Pasta Salad 3</p> <p>4oz 100% juice (15) ¼ c Shredded carrots (12) 1oz Shredded mozzarella cheese over 1c WG pasta tossed in Italian dressing (39) 4oz Yogurt cup (16)</p>	<p>Chicken Cheese Flatbread 4</p> <p>½ c Fresh orange (15) 1c Three bean salad (45) 1oz Sliced chicken breast, 1oz American cheese on 2oz WG flatbread (43) Mayo packet</p>
	<p>Turkey and Cheese on Bun 7</p> <p>4oz 100% juice (15) 1c Romaine lettuce 1.5oz Sliced turkey breast, 0.5oz American cheese on 1.5oz WG bun (19) 0.5oz equ WG crackers (10) Ranch packet</p>	<p>Walking Taco 8</p> <p>½ c Fresh banana (15) ¼ c Fresh baby carrots ¼ c Fresh celery sticks 1oz Taco seasoned beef 1oz Shredded cheddar cheese 2oz Corn chips (30) Taco sauce packet</p>	<p>Chicken Cheese Sandwich 9</p> <p>½ c Fresh orange (15) 1c Three bean salad (45) 1oz Sliced chicken breast, 1oz American cheese on 2oz WG bread (30) Mayo packet</p>	<p>Salad with BBQ Chicken 10</p> <p>4oz 100% juice (15) ½ c Green peas (11) 2oz Roasted chicken over 1c Salad mix 1oz equ WG graham crackers (18) BBQ packet</p>
<p>Turkey Cheese Flatbread 14</p> <p>4oz 100% juice (15) ¼ c Potato salad (20) 1oz Sliced turkey breast, 1oz American cheese on 2oz WG flatbread (43) Mayo packet</p>	<p>Chef Salad 15</p> <p>½ c Fresh banana (15) ¼ c Shredded carrots (6) 1oz Shredded cheddar cheese 1oz Diced turkey over 1c Salad mix 1oz equ WG graham crackers (18) Ranch packet</p>	<p>Ham Cheese Sandwich 16</p> <p>½ c Fresh orange (15) ¼ c Fresh baby carrots (12) 1.5oz Sliced turkey ham, 0.5oz American cheese on 2oz WG bread (30) Mustard packet</p>	<p>Ranch Sub 17</p> <p>4oz 100% juice (15) 1c Romaine lettuce 1.5oz Sliced turkey breast, 0.5oz American cheese on 1.5oz WG hot dog bun (21) 0.5oz equ WG crackers (10) Ranch packet</p>	<p>Chicken Salad on Bun 18</p> <p>½ c Fresh orange (15) 1c Three bean salad (45) 2oz equ Homemade chicken salad on 1.5oz WG bun (19) 0.5oz equ WG graham crackers (11)</p>
<p>Turkey Cheese Sandwich 21</p> <p>4oz 100% juice (15) ¼ c Potato salad (20) 1.5oz Sliced turkey breast, 0.5oz American cheese on 2oz WG bread (30) Mayo packet</p>	<p>Salad with Ranch Chicken 22</p> <p>½ c Fresh banana (15) ¼ c Shredded carrots (6) 2oz Roasted chicken over 1c Salad mix 1oz equ WG graham crackers (18) Ranch packet</p>	<p>Ham and Cheese on Bun 23</p> <p>½ c Fresh orange (15) 1c Romaine lettuce 1.5oz Sliced turkey ham, 0.5oz American cheese on 1.5oz WG bun (19) 0.5oz equ WG crackers (10) Ranch packet</p>	<p>Italian Pasta Salad 24</p> <p>4oz 100% juice (15) ¼ c Shredded carrots (12) 1oz Shredded mozzarella cheese over 1c WG pasta tossed in Italian dressing (39) 4oz Yogurt cup (16)</p>	<p>Chicken Cheese Flatbread 25</p> <p>½ c Fresh orange (15) 1c Three bean salad (45) 1oz Sliced chicken breast, 1oz American cheese on 2oz WG flatbread (43) Mayo packet</p>
<p>Turkey and Cheese on Bun 28</p> <p>4oz 100% juice (15) 1c Romaine lettuce 1.5oz Sliced turkey breast, 0.5oz American cheese on 1.5oz WG bun (19) 0.5oz equ WG crackers (10) Ranch packet</p>	<p>Walking Taco 29</p> <p>½ c Fresh banana (15) ¼ c Fresh baby carrots ¼ c Fresh celery sticks 1oz Taco seasoned beef 1oz Shredded cheddar cheese 2oz Corn chips (30) Taco sauce packet</p>	<p>Chicken Cheese Sandwich 30</p> <p>½ c Fresh orange (15) 1c Three bean salad (45) 1oz Sliced chicken breast, 1oz American cheese on 2oz WG bread (30) Mayo packet</p>	<p>Salad with BBQ Chicken 31</p> <p>4oz 100% juice (15) ½ c Green peas (11) 2oz Roasted chicken over 1c Salad mix 1oz equ WG graham crackers (18) BBQ packet</p>	