

Aug/September 2020

Lunch includes: entrée listed below, fruit, milk, and vegetable

All grains are at least 50% whole Grain. Students Must take ½ cup fruit and/or vegetables with meal. Milk Choice Include Skim, 1% and Skim Chocolate. Menu subject to change without notice, due to price and availability.

Local Harvest of the Month is KALE

	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST: Free if Eligible for Free Lunch Reduced: \$.30 Student: \$1.75 Adult: \$2.00	Whole Grain Cereal OR Oatmeal with Choose Your Own Toppings Fruit and Milk	Breakfast Burrito w/ Fruit, Yogurt and Milk	Oatmeal Bake with Yogurt Fruit and Milk	Homemade Muffin and Yogurt or Smoothie Fruit and Milk	Breakfast Sandwich w/ Sausage, Cheese Fruit and Milk
	Available Daily: Assorted Whole Grain Cereals, Oatmeal, UBR Bar, String Cheese, Milk, Orange Juice and Canned and Fresh Seasonal Fruit, Breakfast comes with Choice of Protein, Choice of Grain, Choice of Fruit and Milk				
LUNCH: Reduced: \$.40 Student: \$3.00 Adult: \$3.50 Now Local: Beef, Lentils, Squash, Carrots, Some Breads and Flour And more!	PLEASE JOIN US FOR BREAKFAST OR LUNCH! For Free Lunch Eligibility Call 751-3443, Menu Questions 751-3646				
	24 August NO SCHOOL PIR/Staff Orientations	25 NO SCHOOL Staff Orientations	26 NO SCHOOL Staff Orientations	27 NO SCHOOL Staff Orientations	28 Cheeseburgers on WG Bun w/ Chips
	Market Cart Salad Bar Featuring				
	31 August Corn Dog	1 September Burritos w/ Salsa	2 Hot Dog on WG Bun w/ Baked Chips	3 Beef Taco w/ Cheese, Sour Cream, Salsa	4 Caesar Chicken Wraps
	Market Cart Salad Bar Featuring				
	7 LABOR DAY, NO SCHOOL	8 Spaghetti w/ Meat Sauce and Dinner Roll	9 Chicken Tenders	10 Chili/Cheese w/ Dinner Roll	11 Chicken Patty w/ WG Bun
	Market Cart Salad Bar Featuring				
	14 BBQ Pork on WG Bun	15 Beef Stroganoff w/ WG Rice	16 Meatball Sub w/ Cheese	17 Turkey Gravy w/ Mashed Potato, Roll	18 Corn Dog
	21 Chicken Patty WG Bun	22 Swedish Meatballs w/ WG Rice	23 Mac 'n' Cheese	24 Breakfast Sandwich, Ham, Egg, Cheese	25 Caesar Chicken Wrap
	28 Chicken Taco w/ WG Tortilla, Salsa, Cheese and Sour Cream	29 Sloppy Joes WG Bun and Baked Chips	30 Salisbury Steak w/ Mashed Potato and Gravy/Roll		
	Student Meal Includes: 1 cup milk, 1-2 oz. meat, 1-2 oz. grain, 3/4 cup veggie and 1/2 cup fruit, 600-700 calories				
	GRILL MENU	Grilled Chicken Patty with BBQ Sauce	Pizza	MT Beef Burgers	Pizza
Cheese Quesadillas			Homemade Pita Pocket		Open-Face Tuna Melt on a Pita
SANDWICH & SALADS*	Caesar Salad with Chicken	Ham and Cheese on Flatbread	Turkey Hoagie	Tuna Salad	Egg-Salad
	Available Daily: Assorted Deli Sandwiches, PB&J , Chef Salad, Spinach Salad				

FRUIT Selection	Apples, Oranges, Dried Mixed Fruit	Bananas, Oranges, or Seasonal Fruit, Dried Mixed Fruit	Fresh Berries or Grapes, Apples, Dried Mixed Fruit	Bananas, Oranges, or Seasonal Fruit, Dried Mixed Fruit	Apples, Oranges, Dried Mixed Fruit

September Harvest of the Month:
Kale

