



# AUGUST | 2018

## Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2 <b>Cook Out Day</b>	3 Baked Chicken WGR Dinner Roll Seasoned WGR Brown Rice Diced Peaches Baked Beans Salad Bar Choice of Milk
6 Oven Baked Fish Filet WGR Deluxe Mac 'N' Cheese WGR Dinner Roll Fresh Apple Slices Salad Bar Choice of Milk	7 Choice of Chicken or Cheese Quesadilla on WGR Tortilla WGR Tortilla Chips Pineapple Chunks Salsa Salad Bar Choice of Milk	8 Hamburger on WGR Bun Applesauce Baked Potato Wedges Salad Bar Choice of Milk	9 Pepperoni and Cheese Pizza on WGR Pizza Crust Grapes Steamed Baby Carrots Salad Bar Choice of Milk	10 Chicken Salad on WGR Bread Mixed Fresh Berries Seasoned Black Beans Salad Bar Choice of Milk
13 Spaghehetti with WGR Pasta and Ground Beef WGR Garlic Bread Banana Apple Slices Salad Bar Choice of Milk	14 Shredded BBQ Chicken on WGR Bun Fruit Cocktail Baked Sweet Potato Fries Salad Bar Choice of Milk	15 Grilled Chicken Caesar Wrap on 10" WGR Tortilla Fresh Cantaloupe Chunks Fresh Honeydew Chunks Green Peas Salad Bar Choice of Milk	16 Chili with Ground Turkey WGR Oyster Crackers WGR Dinner Roll Mixed Fruit Salad Bar Choice of Milk	17 Turkey and Cheese Chef Salad WGR Soft Breadsticks WGR Croutons Watermelon Salad Bar Choice of Milk
20 100% Beef Hot Dog on WGR Bun Pretzels Apple and Orange Slices Cucumber Sticks Salad Bar Choice of Milk	21 Chicken Fajita with 8" WGR Tortilla WGR Tortilla Chips Pineapple Chunks Mexican Style Corn Salsa Salad Bar Choice of Milk	22 Sausage and Cheese Pizza on WGR Pizza Crust Grapes Steamed Baby Carrots Salad Bar Choice of Milk	23 Baked and Breaded Chicken Tenders WGR Biscuit Baked Cinnamon Apples Baked Beans Salad Bar Choice of Milk	24 Beef Stir Fry WGR Brown Rice Pears Asian Vegetable Blend Salad Bar Choice of Milk
27 WGR Ziti with Ground Turkey Meat Sauce WGR Garlic Bread Banana Carrot Sticks Salad Bar Choice of Milk	28 Hot Turkey and Cheese on WGR Sub Bun Sliced Kiwi and Grapes Tater Tots Salad Bar Choice of Milk	29 Beef Burrito on WGR Tortilla WGR Tortilla Chips Fresh Seasonal Melon Salsa Salad Bar Choice of Milk	30 Baked Chicken WGR Dinner Roll Seasoned WGR Brown Rice Diced Peaches Baked Beans Salad Bar Choice of Milk	31 Oven Baked Fish Filet WGR Deluxe Mac 'N' Cheese WGR Dinner Roll Fresh Apple Slices Salad Bar Choice of Milk

### News

#### Lunch Includes

- **Choice of 1 Entrée (includes meat/meat alternative & grain)**
- **Choice of up to 2 vegetable \***
- **Choice of up to 2 fruits \***
- **Choice of Low-Fat, Fat-Free, or Lactose-Free Milk**

**\* A lunch must include ½ cup of fruit or vegetable and 2 full other components**

**\* Middle school students receive a maximum of 1 fruit with their lunch**

#### **Other Daily Lunch Entrée Options:**

**> Soy Butter and Jam Sandwich with Mozzarella Cheese Stick and Whole Grain Animal Crackers**

**> Yogurt and Whole Grain Granola with Sun Butter Cup and Whole Grain Goldfish Graham Cracker**