

August Menu 2018

Donlon and Lydiksen Elementary Schools



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6 Mini Corn Dog or Cheese Chalupa* <i>Get Healthy Salad Bar</i>	14 Meatball Sandwich or Cheesy Breadsticks* <i>Get Healthy Salad Bar</i>	8 Garlex Pizza Cheese*, Vegetarian* Pepperoni, Hawaiian <i>Get Healthy Salad Bar</i>	16 Meatloaf & Mashed Potatoes Bean Tamales* <i>Get Healthy Salad Bar</i>	10 Mini Chicken Tacos Cheese Lasagna* TGIF Fruit Icee Treat <i>Get Healthy Salad Bar</i>
20 Pop Corn Chicken (Antibiotic Free Chicken) Bean & Cheese Chiminada* <i>Get Healthy Salad Bar</i>	14 Celebration Nuggets Cheese Tamales* <i>Get Healthy Salad Bar</i>	20 Garlex Pizza Cheese*, Vegetarian* Pepperoni, Hawaiian <i>Get Healthy Salad Bar</i>	23 Cheese Ravioli w/ Meat Balls Nacho Cheese Chips* <i>Get Healthy Salad Bar</i>	24 Cheese or Veggie Burger Bean Empanadas* TGIF Treat Frozen Yogurt <i>Get Healthy Salad Bar</i>
27 Pasta & Chicken & Creamy White Sauce Baked Potatoes & Fixings* <i>Get Healthy Salad Bar</i>	14 Turkey & Gravy & Mashed Potatoes Mac & Cheese* <i>Get Healthy Salad Bar</i>	27 Garlex Pizza Cheese*, Vegetarian* Pepperoni, Hawaiian <i>Get Healthy Salad Bar</i>	30 Chicken Burger Cheese Enchilada & Rice with Beans* <i>Get Healthy Salad Bar</i>	31 Chicken Tenders Nacho Bites* TGIF Fruit Icee Treat <i>Get Healthy Salad Bar</i>

Enjoy a Healthy Salad Bar

Fresh Fruit and Canned Fruit

At least one item from each USDA Vegetable Subgroups will be available to students everyday!

Dark Green Vegetables (iron, vitamin C, lutein) = bok choy, broccoli, greens, green kale, parsley purple kale, romaine lettuce, spinach.

Starchy Vegetables (potassium, magnesium, allacin) = cassava, corn, jicama, lima beans, plantains, potatoes, taro, water chestnuts.

Red & Orange Vegetables (vitamin A, vitamin K, lycopenes) = carrots, red bell peppers, pumpkin, sweet potatoes, squash, tomatoes.

Legumes or Beans (fiber, zinc, flavanoids) = black beans, garbanzo beans, kidney beans, lentils, navy beans, pinto, soy beans, white beans.

Other Vegetables (vitamin A, Vitamin C, allacin) = beets, cabbage, cauliflower, celery, cucumbers, green beans, peppers, olives, radishes, zucchini.

Milk, 1% or Non-fat White, Non-fat Chocolate, & Non-fat Strawberry Milk

Fuel up to Learn Breakfast

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Assorted Muffins Seasonal Fruit and Juice Cold Cereal & Milk	Breakfast Burrito Seasonal Fruit and Juice Cold Cereal & Milk	Crumb Square* Seasonal Fruit and Juice Cold Cereal & Milk	Pizza Bagel Seasonal Fruit and Juice Cold Cereal & Milk	Dutch Waffle* Seasonal Fruit and Juice Cold Cereal & Milk

*Other Vegetarian Options Available Daily at Lunch:

- Hummus Lunchable
- Sun butter & Jelly Sandwich
- Yogurt & Granola
- Fruit & Cheese Cup



BREAKFAST \$2.00: Includes whole grain-rich entree, cereal, fruit, and or 100% juice or milk
LUNCH \$3.75: Includes whole grain-rich entree, salad bar, fruit, and milk
 A second milk may be purchased for \$0.50 or soy milk for \$1.00
 Bottled water may be purchased for \$1.00

MENU SUBJECT TO CHANGE DUE TO PRODUCT AVAILABILITY

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