

August 31-September 4 Menu for K-8 and HS Shelf Stable Breakfast and “Meals to Go” Lunch Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
K-8 / HS BREAKFAST:				
August 31 WG Cereal WG Cracker 100% Fruit Juice Seasonal Fruit Choice of Milk	September 1 WG Cereal WG Cracker 100% Fruit Juice Seasonal Fruit Choice of Milk	2 WG Cereal WG Cracker 100% Fruit Juice Seasonal Fruit Choice of Milk	3 WG Cereal WG Cracker 100% Fruit Juice Seasonal Fruit Choice of Milk	4 WG Cereal WG Cracker 100% Fruit Juice Seasonal Fruit Choice of Milk
K-8 / HS LUNCH:				
August 31 Grilled Chicken Fajita Wrap on WG Tortilla with Shredded Cheese* Fajita Veggie Blend* Taco Sauce Seasonal Fruit (HS only) 100% Fruit Juice (K-12) Choice of Milk Offer Additional ½ Cup Vegetables***	September 1 BBQ Turkey Sandwich on WG Bun* Potato Wedges* Ketchup Canned Fruit 100% Fruit Juice (HS only) Choice of Milk Offer Additional ½ Cup Vegetables***	2 Breaded Boneless Chicken Wings* Eggo Maple Waffles* Syrup Packet Sunset Sip Juice Strawberries 100% Fruit Juice (HS only) Choice of Milk Offer Additional ½ Cup Vegetables***	3 Turkey Ham Slice with Mac and Cheese** WG Cookie WG Cheddar Bunnies (HS only) Broccoli Florets** Blueberries 100% Fruit Juice (HS only) Choice of Milk Offer Additional ½ Cup Vegetables***	4 WG Chicken Patty on a WG Bun* Mayo Baked Beans* Seasonal Fruit (HS only) 100% Fruit Juice (K-12) Choice of Milk Offer Additional ½ Cup Vegetables***

For Best Quality, freeze meal trays until reheating.

Storage Instructions: If frozen, use within 90 days of date prepped. If thawed, eat prepared meals within 5 days. Freeze at 0° F or less or refrigerate at 40° F or less, as soon as possible or within two hours of pickup.

Reheating Instructions:

*Place item on/in a microwave-safe plate/bowl or oven-safe pan. Cook item in microwave or oven until internal temperature reaches 165 deg F or higher for at least 15 seconds.

**Microwavable/Ovenable Trays: Refrigerated: Reheat in microwave for 2-3 minutes. Frozen: Reheat in microwave 3-5 minutes. Internal temperature reaches 165 deg F or higher for at least 15 seconds.

MILK :

SKIM WHITE

SKIM CHOCOLATE

MENU SUBJECT TO CHANGE

***Additional Vegetables Can Be:

- ½ cup Baby Carrots
- ½ cup Crunchy Broccoli
- ½ cup Celery Sticks

This institution is an equal opportunity provider.