

Menu Subject to Change



8/16/21

K-8 PORTION GUIDE 2021-2022																			
****Denotes Allergen**** Gluten(G), Dairy(D), Egg(E), Soy(S)																			
8/2, 8/30, 9/27, 10/25, 11/22, 12/20, 1/7, 2/14, 3/14, 4/11, 5/9, 6/6, 7/4																			
Chicken Burger W/ Marinara	S	1EA	2MMA	French Toast	G,D,E,S	2EA		Beef Patty (2.5oz)	S	1EA	2MMA	Chicken Marinara	S	1EA	2MMA	Buffalo Chicken		1/2C	2MMA
WG Hamburger Bun	G,S	1EA	2G	Turkey Sausage		2EA	2MMA	WG Hamburger Bun	G,S	1EA	2G	WG Brown Rice		1/2C	1G	WG Hamburger Bun	G,S	1EA	2G
Mozzarella Cheese	D	1/2oz	.25MMA	Fresh Carrots		1/2C	.50V	American Cheese Slice	D	1EA	.50MMA	WG Teabiscuit	G,S	1EA	1G	Fresh Carrots		1/2C	.50V
Corn Niblets		3/4C	.75V	Cuke Coins		1/4C	.25V	Veg Baked Beans		3/4C	.75V	Mozzarella Cheese	D	1/2OZ	.25MMA	Celery Sticks		1/4C	.25V
Fresh Apple		1EA	1F	Strawberry Cup		1EA	.50F	Applesauce Cup		1EA	.50F	Fresh Broccoli		1EA	.50F	Fresh Apple		1EA	1F
				Syrup PC		1EA		Ketchup PC		1EA		Fresh Orange							
VEGETARIAN: GARDENBURGER	G,D,S	1EA	2MMA	VEGETARIAN: OMELETTE	D,E,S	1EA	2MMA	VEGETARIAN: GARDENBURGER	G,D,S	1EA	2MMA	VEGETARIAN: CHEESEBREAD w/ MARINARA(1/4C)	G,D,E,S	1EA	2MMA,2G	VEGETARIAN: CHEESE QUESADILLA	G,D,E,S	2EA	2MMA,2G
ALTERNATE:ROAST TURKEY				ALTERNATE:				ALTERNATE:				ALTERNATE:				ALTERNATE:			
& CHEESE SANDWICH	G,D,S		2MMA,2G	CHICKEN CHEDDAR WRAP	G,D,E,S		2MMA,2.5G .25V	CHICKEN BUFFALO WRAP	G,D		2MMA,2G	SOUTHWEST CHICKEN WRAP	G,D,E,S		1.5MMA 2G, .25V	TURKEY CLUB SUB	G,D,S		2MMA,2.5G .25V
8/9, 9/6, 10/4, 11/1, 11/29, 12/27, 1/24, 2/21, 3/21, 4/18, 5/16, 6/13, 7/11																			
Mac & Cheese	G,D,E	2/3C	2MMA,1G	BBQ Drumstick		1EA	2.5MMA	Turkey w/ Gravy	S	3/8C	1.25MMA	Taco Beef		1/2C	2MMA	Teriyaki Chicken	G,S	1EA	2MMA
Mixed Vegetables		3/4C	.75V	WG Veg Brown Rice		1C	2G	WG Teabiscuit	G,S	1EA	1G	Black Beans		1/2C	.50V	WG Brown Rice		1/2C	1G
Applesauce Cup		1EA	.50F	Fresh Carrots		1/2C	.50V	Mashed Potato	D	1C	1V	WG 8" Tortilla	G	1EA	1.5G	Fresh Broccoli		3/4C	.75V
WG Teabiscuit	G,S	1EA	1G	Fresh Banana		1EA	.50F	Celery		1/2C	.50V	Shredded Romaine Lettuce	D	1/2C	.25V	Fresh Orange		1EA	.50F
				WG Teabiscuit	G,S	1EA	1G	Peach Cup		1EA	.50F	Shredded Cheddar Cheese		1/2OZ	.25MMA				
VEGETARIAN: NONE				VEGETARIAN: TOFU w/ SWEET & SOUR	S	1/2C	2MMA	VEGETARIAN: GARDENBURGER	G,D,S	1EA	2MMA	VEGETARIAN: VEG TACO MEAT	G,D,E,S	2/3C	1.5MMA	VEGETARIAN: TERIYAKI TOFU	G,S	1/2C	2MMA
ALTERNATE:ROAST TURKEY				ALTERNATE:				ALTERNATE:	G,D		2MMA,2G	ALTERNATE:		1.5MMA 2G, .25V		ALTERNATE:			
& CHEESE SANDWICH	G,D,S		2MMA,2G	CHICKEN CHEDDAR WRAP	G,D,E,S		.25V	CHICKEN BUFFALO WRAP	G,D		2MMA,2G	SOUTHWEST CHICKEN WRAP	G,D,E,S			TURKEY CLUB SUB	G,D,S		.25V
8/16, 9/13, 10/11, 11/8, 12/6, 1/3, 1/31, 2/28, 3/28, 4/25, 5/23, 6/20, 7/18																			
Beef Hot Dog	G,S	1EA	2MMA	Breaded Chicken Patty	G,S	1EA	2MMA,1G	Popcorn Chicken	G,D,S	10EA	2MMA,1G	BBQ Chicken Breast	G,S	1EA	2MMA	Bosco Sticks 6"	G,D,S	2EA	2MMA,2G
WG Hot Dog Bun		1EA	2G	WG Hamburger Bun	G,S	1EA	2G	WG Veg Brown Rice		1/2C	1G	WG Hamburger Bun	G,S	1EA	2G	Marinara	S	1/4C	.25V
Veg Baked Beans		3/4C	.75V	Mairinara Sauce	S	1/4C	.25V	Fresh Broccoli		3/4C	.75V	Fresh Carrots		3/4C	.75V	Fresh Carrots		3/4C	.75V
			.50F	Mozzarella Cheese	D	1/2oz	.25MMA	Strawberry Cup	S	1EA	.50F	Fresh Orange		1EA	.50F	Fresh Apple		1EA	1F
Strawberry Applesauce Cup		1EA		Green Beans		3/4C	.75V	Sweet & Sour PC		1EA									
Ketchup PC		1EA		Fresh Banana		1EA	.50F			1EA									
VEGETARIAN: CHEESEBREAD w/ MARINARA(1/4C)	G,D,E,S	1EA	2MMA,2G	VEGETARIAN: GARDENBURGER	G,D,S	1EA	2MMA	VEGETARIAN: CHEESE ENCHILADA & MOZZ(1/2OZ)	D,S	2EA		VEGETARIAN: LASAGNA ROLL	G,D,E,S	2EA	2MMA,2G	VEGETARIAN: NONE			
ALTERNATE:ROAST TURKEY				ALTERNATE:				ALTERNATE:	G,D		2MMA,2G	ALTERNATE:		1.5MMA 2G, .25V		ALTERNATE:			
& CHEESE SANDWICH	G,D,S		2MMA,2G	CHICKEN CHEDDAR WRAP	G,D,E,S		2MMA,2.5G .25V	CHICKEN BUFFALO WRAP	G,D		2MMA,2G	SOUTHWEST CHICKEN WRAP	G,D,E,S			TURKEY CLUB SUB	G,D,S		2MMA,2.5G .25V
8/23, 9/20, 10/18, 11/15, 12/13, 1/10, 2/7, 3/7, 4/4, 5/2, 5/30, 6/27, 7/25																			
Beef Meatballs Marinara	G,D,S	5EA	2MMA,.25V	Breaded Chicken Patty	G,S	1EA	2MMA,1G	Sloppy Joe	G,S	1/2C	2MMA	Chicken Tenders	G	3EA	2MMA,1G	Chicken Nachos		1/2C	2MMA
WG Hoagie Bun	G,S	1EA	2.25G	WG Hamburger Bun	G,S	1EA	2G	WG Hamburger Bun	G,S	1EA	2G	WG Teabiscuit	G,S	1EA	1G	WG Tortilla Chips		10EA	1G
Shredded Mozzarella	D	1/2OZ	.25MMA	American Cheese Slice	D	1EA	.50MMA	American Cheese Slice		3/4C	.75V	Veg Baked Beans		3/4C	.75V	Shredded Cheddar	D	1/2OZ	.25MMA
Fresh Carrots		3/4C	.75V	Shredded Lettuce		1/2C	.25V	Peach Cup		1EA	.50F	Fresh Orange		1EA	.50F	Shredded Lettuce		1/2C	.25V
Applesauce Cup		1EA	.50F	Cuke Coins		1/2C	.50V					BBQ Sauce PC	S	1EA		Fresh Broccoli		1/4C	.25V
				Fresh Apple		1EA	1F									Mixed Fruit Cup		1EA	.50F
				Mayo PC	S,E	1EA													
VEGETARIAN: TOFU w/MARINARA	S	1/2C	2MMA	VEGETARIAN: GARDENBURGER	G,D,S	1EA	2MMA	VEGETARIAN: VEG SLOPPY JOE	G,D,E,S	1/2C	1.5MMA	VEGETARIAN: CHEESE ENCHILADA & MOZZ(1/2OZ)	D,S	2EA		VEGETARIAN: VEG TACO MEAT	G,D,E,S	2/3C	1.5MMA
ALTERNATE:ROAST TURKEY				ALTERNATE:				ALTERNATE:				ALTERNATE:				ALTERNATE:			
& CHEESE SANDWICH	G,D,S		2MMA,2G	CHICKEN CHEDDAR WRAP	G,D,E,S		2MMA,2.5G .25V	CHICKEN BUFFALO WRAP	G,D		2MMA,2G	SOUTHWEST CHICKEN WRAP	G,D,E,S		1.5MMA 2G, .25V	TURKEY CLUB SUB	G,D,S		2MMA,2.5G .25V

MILK VARIETY SERVED AT EVERY MEAL, FAT FREE SKIM, 1%, OR FAT FREE FLAVORED. ALL BREADS SERVED ARE WHOLE GRAIN.

This institution is an equal opportunity provider.