

August 2011 Breakfast Menu

Mon	Tue	Wed	Thu	Fri
<h1 style="font-size: 4em; color: rainbow;">Breakfast</h1>		*All breakfasts are served with assorted fruit juices and milk	18 <i>Whole Grain Cereal Cheese Stick Cantaloupe</i>	19 <i>Sausage, Biscuit & Gravy Banana</i>
22 <i>Egg Patty w/Cheese Biscuit Pineapple</i>	23 <i>Whole Grain Cereal Yogurt Fruit Cocktail</i>	24 <i>Whole Grain Pancake Wraps Strawberries</i>	25 <i>Scrambled Egg Burrito Applesauce</i>	26 <i>Whole Grain Pancakes Sausage Orange Wedges</i>
29 <i>Cinnamon Tastries Chicken Nuggets Cinnamon Applesauce</i>	30 <i>Waffle Stix Sausage Mixed Fruit</i>	31 <i>Breakfast Pizza Watermelon</i>	1 <i>Whole Grain Cereal Cheese Stick Orange Wedges</i>	2 <i>Breakfast Pocket Pineapple</i>

August 2011 Lunch Menu for West Franklin USD #287

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<div style="display: flex; align-items: center;"> <div style="font-size: 4em; color: rainbow; margin-right: 10px;">L u n c h</div> <ul style="list-style-type: none"> Most breads are hand made each day and follow a 51% whole wheat recipe. This includes rolls, buns and cinnamon rolls. We try to offer 4 vegetable/fruit servings each day at lunch, so students have more choices. At least one choice is high in vitamin C and A. 1% milk, strawberry & chocolate milk is offered with every meal. Some type of bean/legume is offered at least once/week Hot dogs/deli meats are low-fat. Hamburger served is 80/20 or less in fat. Ranch salad dressing (which students love) is <6% fat. It is made from scratch. Most entrees contain <16g fat. Desserts are not served often, but when they are, we strive to keep them healthy. Once in a while, we have a dessert that is just fun. </div>			18 <i>Taco Salad made w/ <u>Whole Grain</u> Corn Tortilla Chips (C) Mexican Rice Refried Beans Banana (C) Apricots (A)</i>	19 <i>Chicken & Noodles Mashed Potatoes Green Beans Carrot Sticks (A) <u>Whole Wheat</u> Hot Roll & Jelly Cantaloupe (A&C)</i>
22 <i>Hamburger on a <u>Whole Wheat</u> Bun Lettuce & Tomato (C) Sweet Potato Fries (A&C) Baked Beans Fruit Cocktail (A) Rice Crispy Bar</i>	23 <i>Chicken Nuggets Mashed Potatoes & Gravy Fresh Broccoli (A&C) Strawberries & Bananas (C) Cinnamon Applesauce <u>Whole Wheat</u> Roll & Jelly</i>	24 <i>Chili (C) <u>Whole Grain</u> Corn Chips Celery & Cucumbers Corn Orange Wedges (C) <u>Whole Wheat</u> Cinnamon Roll</i>	25 <i>Three Meat Pizza w/<u>Whole Grain</u> Crust Tossed Salad (A&C) Carrot Stix Fresh Kiwi (C) Cherry Crisp (C)</i>	26 <i>Macaroni & Cheese w/Smokies Garden Spinach Salad (A&C) Green Beans Fresh Apple Pineapple <u>Whole Wheat</u> Bread & Jelly</i>
29 <i>Hot Ham & Cheese on a <u>Whole Wheat</u> Bun Oven Fries Seasoned Peas & Carrots (A&C) Fresh Orange Mixed Fruit (A&C) Granola Round</i>	30 <i>Sausage Pizza Tossed Salad w/Romaine (A&C) Sliced Pears Watermelon (A&C) <u>Whole Wheat</u> Garlic Bread Stick w/ Marina Sauce (C)</i>	31 <i>Chicken Strips Mashed Potatoes & Gravy Fresh Broccoli, Cauliflower & Dip (A&C) Green Beans Pineapple (C) <u>Whole Wheat</u> Roll & Jelly</i>	1 <i><u>Whole Grain</u> Corn Dog Green Pepper Strips (C) Fresh Baby Carrots (A) Applesauce Mandarin Oranges (A&C) Royal Brownie</i>	2 <i>Soft Tacos Lettuce & Tomato (C) Refried Beans Black Bean & Corn Salsa w/<u>Whole Grain</u> Tortilla Chips Fresh Peach</i>