

August 2020 High School Lunch Cycle Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Jamaican Jerk Grilled Chicken Macaroni & Cheese Glazed Carrots Steamed Cauliflower Assorted Fruit Fresh Fruit Chilled Applesauce(Pre-K&Sat) Southern Butter Roll Milk</p>	<p>4</p> <p>Crispy or Soft Beef Taco Shredded Cheese Shredded Lettuce & Chopped Tomatoes Golden Corn Assorted Fruit Fresh Fruit Chilled Mandarin Oranges Cinnamon Roll Milk</p> <p><i>Pre-K Option Only</i> Soft Beef Taco Bananas (Pre K) Fresh Fruit (Sat)</p>	<p>5</p> <p>Red or White Beans (Chicken Smackers for Pre-K only) Rice Chicken Smackers/Sausage Links Seasoned or Italian Greenbeans Assorted Fruit Fresh Fruit Chilled Strawberries (Pre-K & Sat) Frenchbread Milk</p>	<p>6</p> <p>Meatsauce & Spaghetti Creamed Spinach Assorted Fruit Fresh Fruit Chilled Pears (Pre-K & Sat) Garlic Roll Milk</p>	<p>NEW</p> <p>7</p> <p>Chicken Fajitas Shredded Lettuce & Chopped Tomatoes Golden Corn Assorted Fruit Fresh Fruit Chilled Peaches (Pre-K & Sat) Cake Milk</p>
<p>10</p> <p>Salisbury Steak Mashed Potatoes w/ Gravy Seasoned or Italian Greenbeans Assorted Fruit Fresh Fruit Chilled Applesauce (Pre-K & Sat) Southern Butter Roll Milk</p>	<p>11</p> <p>Crispy or Soft Beef Taco Shredded Cheese Shredded Lettuce & Chopped Tomatoes Golden Corn Assorted Fruit Fresh Fruit Chilled Pears Cinnamon Stick Milk</p> <p><i>Pre-K Option Only</i> Soft Beef Taco</p> <p>Bananas (Pre K) Fresh Fruit (Sat)</p>	<p>12</p> <p>General Tso Chicken Fried Rice Carrot Souffle or Glazed Carrots Steamed Broccoli Assorted Fruit Fresh Fruit Chilled Strawberries (Pre-K & Sat) Southern Butter roll Milk</p>	<p>13</p> <p>Fried Catfish/Fish Treasures White Beans with Rice Caesar Salad Assorted Fruit Fresh Fruit Chilled Mandarin Oranges (Pre-K & Sat) Frenchbread Milk</p> <p><i>Pre-K Option Only</i> Chicken Smackers</p>	<p>14</p> <p>Meatballs & Spaghetti Broccoli with Cheese Assorted Fruit Fresh Fruit Chilled Peaches (Pre-K & Sat) Garlic Roll Brownie Milk</p>
<p>17</p> <p>Red or White Beans (Chicken Smackers for Pre-K only) Rice Chicken Smackers/Sausage Links Carrot Souffle or Glazed Carrots Assorted Fruit Fresh Fruit Mandarin Oranges (Pre-K & Sat) Cornbread/French Bread Milk</p>	<p>18</p> <p>Crispy or Soft Beef Taco Shredded Cheese Shredded Lettuce & Chopped Tomatoes Golden Corn Assorted Fruit Fresh Fruit Chilled Pears Cinnamon Roll Milk</p> <p><i>Pre-K Option Only</i> Soft Beef Taco</p> <p>Bananas (Pre K) Fresh Fruit (Sat)</p>	<p>NEW</p> <p>19</p> <p>Chicken Fajita Alfredo Pasta Steamed California Mixed Vegetables Seasoned or Italian Greenbeans Assorted Fruit Fresh Fruit Chilled Strawberries (Pre-K & Sat) Southern Butter Roll Milk</p>	<p>20</p> <p>Sweet Heat Meatballs Baked Macaroni & Cheese Caesar Salad Glazed Carrots or Carrot Souffle Assorted Fruit Fresh Fruit Chilled Pineapples (Pre-K & Sat) French Bread Milk</p>	<p>21</p> <p>Italian Bake Pasta Steamed Cauliflower Steamed Broccoli Assorted Fruit Fresh Fruit Chilled Peaches(Pre-K & Sat) Garlic Roll Cookie Milk</p>
<p>24</p> <p>Sweet Heat Meatballs Baked Macaroni & Cheese Baked Beans Seasoned or Italian Greenbeans Assorted Fruit Fresh Fruit Chilled Applesauce (Pre-K & Sat) Southern Butter Roll Milk</p>	<p>25</p> <p>Crispy or Soft Beef Taco Shredded Cheese Shredded Lettuce & Chopped Tomatoes Golden Corn Assorted Fruit Fresh Fruit Chilled Peaches (Pre-K & Sat) Cinnamon Stick Milk</p> <p><i>Pre-K Option Only</i> Soft Beef Taco Bananas (Pre K) Fresh Fruit (Sat)</p>	<p>26</p> <p>Chicken Parmesan with Pasta Caesar Salad Assorted Fruit Fresh Fruit Chilled Strawberries (Pre-K&Sat) Garlic Roll Milk</p>	<p>27</p> <p>Loaded Nacho Supreme Bowl Shredded Lettuce & Tomatoes Golden Corn Assorted Fruit Fresh Fruit Chilled Pears (Pre-K & Sat) Milk</p> <p><i>Pre-K Option Only</i> Chicken Nuggets Tots/Shoestring/Crinkle/Smiles</p>	<p>28</p> <p>Salisbury Steak Mashed Potatoes Carrot Souffle or Glazed Carrots Assorted Fruit Fresh Fruit Chilled Pineapples (Pre-K & Sat) Southern Butter Roll Rice Krispie Treat Milk</p>
<p>NEW</p> <p>31</p> <p>Sweet Heat Grilled Chicken Macaroni & Cheese Glazed Carrots Steamed Cauliflower Assorted Fruit Fresh Fruit Chilled Applesauce(Pre-K&Sat) Southern Butter Roll Milk</p>				

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