

# AUGUST - SEPTEMBER 2017 CHOICE LUNCH MENU



## Local Farm to School:



Cherry Tomatoes featured this month from Greg's Organics...

**"TASTE THE LOVE!"**



















### Reasons to Eat Tomatoes

Eating a ½ cup of sliced tomatoes is a good way to get vitamin C and vitamin A. Tomatoes are also a great source of lycopene. Lycopene can help keep your heart and immune system healthy. Your body cannot make lycopene so you need to get it from most red fruits and vegetables.



### \*\*\* Meal Application Deadline\*\*\*

Just a reminder that eligibility for free or reduced price meals will expire soon automatically if we do not receive a new application. Please contact your school office or food service staff.

	 <b>MEATLESS MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	 <b>CALIFORNIA THURSDAYS™</b>	<b>FRIDAY</b>
<b>AUGUST 14</b>	<b>CHEESE QUESADILLA</b> ✓ REFRIED BEANS FRESH VEGETABLE APPLE SLICES	<b>15 BREAKFAST for LUNCH</b> EGGS w/CHEESE & BACON POTATOES & ORANGE SLICES FRENCH TOAST & CHERRY TOPPING	<b>16 CHEESEBURGER SLIDERS</b> LETTUCE & PICKLE VEGETABLE & FRUIT CHEEZ - IT CRACKERS	<b>17 SPAGHETTI w/ MEATSAUCE</b> TOSSED SALAD ARTISAN DINNER ROLL FRESH FRUIT	<b>18 CHICKEN TENDERS</b>  CONFETTI FRIES  CHERRY TOMATOES APRICOTS & ALOHA ROLL
<b>21</b>	<b>BEAN &amp; CHEESE BURRITO</b> ✓  FRESH VEGGIES  PLUM GRAHAM CRACKERS	<b>22 WAFFLE TUESDAY</b> BELGIUM WAFFLE CHICKEN BITES POTATO ROUNDS CINNAMON APPLESAUCE	<b>23 PEPPERONI PIZZA WEDGE*</b> FRESH VEGETABLES HOMEMADE RANCH DIP PEACHES	<b>24 ORANGE CHICKEN, VEGETABLE &amp; RICE BOWL</b> ORANGE SLICES S'MORE PARFAIT PUDDING	<b>25 CHICKEN SANDWICH</b> LETTUCE & PICKLE BBQ BEANS APPLE SLICES
<b>28</b>	<b>CHEESY CHILI</b> ✓ <b>FRITO CORN CHIPS</b> CORN COB & FRESH CARROTS APPLE SLICES	<b>29 CHICKEN DRUMSTICK</b> BAKED BEANS CRUNCH SALAD & ORANGE CHERRY TURNOVER	<b>30 CHEESEBURGER SLIDERS</b> LETTUCE & PICKLE VEGGIE & GRAPES CHEEZ - IT CRACKERS	<b>31 MINI CORN DOGS</b> TASTY TATER TOTS VEGGIE & DIP FRESH FRUIT	<b>SEPTEMBER 1</b> <b>CHICKEN TENDERS</b> CONFETTI FRIES  CHERRY TOMATOES  FRUIT COCKTAIL & ROLL
<b>4</b>	<b>Labor Day</b>	<b>5 BBQ PORK DIPPERS*</b> BBQ BEANS SALAD AND FRUIT ALOHA ROLL	<b>6 PEPPERONI PIZZA WEDGE*</b> FRESH VEGETABLES HOMEMADE RANCH DIP FRESH FRUIT	<b>7 TACO POCKET</b>  VEGGIE SALAD HOMEMADE RANCH DIP FRUIT	<b>8 PRETZEL DOG</b> POTATO SALAD FRESH VEGGIE WATERMELON RAISELS
<b>11</b>	<b>CHEESE QUESADILLA</b> ✓ REFRIED BEANS FRESH VEGETABLE APPLE SLICES	<b>12 BREAKFAST for LUNCH</b> EGGS w/CHEESE & BACON POTATOES & ORANGE SLICES FRENCH TOAST & CHERRY TOPPING	<b>13 CHEESEBURGER SLIDERS</b> LETTUCE & PICKLE VEGETABLE & FRUIT CHEEZ - IT CRACKERS	<b>14 SPAGHETTI w/ MEATSAUCE</b> TOSSED SALAD ARTISAN DINNER ROLL FRESH FRUIT	<b>15 CHICKEN TENDERS</b>  CONFETTI FRIES  CHERRY TOMATOES APRICOTS & ALOHA ROLL
<b>18</b>	<b>BEAN &amp; CHEESE BURRITO</b> ✓  FRESH VEGGIES  PLUM GRAHAM CRACKERS	<b>19 WAFFLE TUESDAY</b> BELGIUM WAFFLE CHICKEN BITES POTATO ROUNDS CINNAMON APPLESAUCE	<b>20 PEPPERONI PIZZA WEDGE*</b> FRESH VEGETABLES HOMEMADE RANCH DIP PEACHES	<b>21 ORANGE CHICKEN, VEGETABLE &amp; RICE BOWL</b> ORANGE SLICES ROCKY ROAD PUDDING	<b>22 CHICKEN SANDWICH</b> LETTUCE & PICKLE BBQ BEANS APPLE SLICES
<b>25</b>	<b>CHEESY CHILI</b> ✓ <b>FRITO CORN CHIPS</b> CORN COB & FRESH CARROTS APPLE SLICES	<b>26 CHICKEN DRUMSTICK</b> BAKED BEANS CRUNCH SALAD & ORANGE FRUIT TURNOVER	<b>27 CHEESEBURGER SLIDERS</b> LETTUCE & PICKLE VEGGIE & GRAPES CHEEZ - IT CRACKERS	<b>28 MINI CORN DOGS</b> TASTY TATER TOTS VEGGIE & DIP FRESH FRUIT	<b>29 CHICKEN TENDERS</b>  CONFETTI FRIES  CHERRY TOMATOES FRUIT COCKTAIL & ROLL
Choice of 1% unflavored milk or non-fat chocolate milk *May contain pork  egetarian Menu Subject to Change without notice					

## School Lunch ~ Balanced Nutrition, Reasonably Priced!

**Did you know? School meals contain ALL of the five food groups; protein, whole grains, vegetable, fruit and dairy. School meal items are baked, never fried, contain no added tran-fats, low sodium and BEST OF ALL ARE KID FRIENDLY!**