



# SCHOOL LUNCH MENU

## AUGUST 12-30TH 2024

### KINDERGARTEN- 8TH GRADE

MENU KEY:  
 V = VEGAN  
 VEG = VEGETARIAN  
 GF = GLUTEN FREE

ADULT BREAKFAST 4.00  
 ADULT LUNCH = 6.00  
 MILK A LA CARTE = .50 CENTS

Monday 8/12	Tuesday 8/13	Wednesday 8/14	Thursday 8/15	Friday 8/16
	<p><b>TURKEY SUBS</b>            sliced deli turkey, provolone cheese and lettuce on a whole wheat hoagie bun</p>	<p><b>BEAN 'N' CHEESE BURRITO</b> <sup>Veg</sup>            seasoned beans and cheddar cheese in a whole wheat tortilla</p>	<p><b>GYROS</b>            with whole wheat pita, tatziki sauce and fresh cucumbers</p>	<p><b>SUNBUTTER AND JELLY SANDWICHES</b> <sup>v</sup>            sunbutter fruit preserves on whole wheat bread</p>
Monday 8/19	Tuesday 8/20	Wednesday 8/21	Thursday 8/22	Friday 8/23
<p><b>FARM FIELD SOUP</b> <sup>veg</sup>            fresh soup crafted with school-grown ingredients served with breadsticks</p>	<p><b>PIZZA PASTA</b> <sup>veg</sup>            penne pasta with homemade marinara, spinach and 5 cheese blend</p>	<p><b>FIESTA WRAP</b> <sup>veg</sup>            seasoned black beans and quinoa in a whole wheat wrap served with salsa</p>	<p><b>TORTELLINI</b> <sup>veg</sup>            cheese tortellini pasta salad tossed in olive oil and Italian spices served on a bed of spinach</p>	<p><b>HAM &amp; SWISS ON CIABATTA BUN</b></p>
Monday 8/26	Tuesday 8/27	Wednesday 8/28	Thursday 8/29	Friday 8/30
<p><b>TOMATO BASIL SOUP &amp; GRILLED CHEESE</b> <sup>veg</sup>            home made soup with a grilled cheese on whole wheat bread</p>	<p><b>LEMON CHICKEN AND RICE BOWL</b> <sup>gf</sup>            with local summer squash, brown rice and parmesan</p>	<p><b>BEAN 'N' CHEESE BURRITO</b> <sup>Veg</sup>            seasoned beans and cheddar cheese in a whole wheat tortilla</p>	<p><b>TURKEY SUBS</b>            sliced deli turkey, provolone cheese and lettuce on a whole wheat hoagie bun</p>	<p><b>SLOPPY JANES</b> <sup>v</sup>            veggie sloppy joe filling with lentils served on a hamburger bun</p>
<p><b>BREAKFAST MENU</b>            WALDORF GRAIN OF THE DAY BREAKFASTS:  <b>Monday:</b> Rice - savory with nutritional yeast  <b>Tuesday:</b> Corn - Jamaican corn porridge  <b>Wednesday:</b> Millet - Lemon Poppyseed  <b>Thursday:</b> Wheat - pumpkin spice cream of wheat  <b>Friday:</b> Oats - blueberry oatmeal            All breakfast served with 1 cup fresh fruit and milk.</p>				
<p>- Each meal served with fresh or dried fruit            - 1% or skim milk (unflavored) available every day            - Vegan and gluten-free options always available  <b>This institution is an equal opportunity provider</b></p>				