

WEEK I MENU CYCLE SY 18-19




Water is available with all meals.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Breakfast Pizza Flatbread Seasonal Fresh Fruit 100% Fruit Juice Milk Option	Breakfast Corndogs Seasonal Fresh Fruit Syrup 100% Fruit Juice Milk Option	Muffin Sausage Links Seasonal Fresh Fruit 100% Fruit Juice Milk Option	Breakfast Roll Scrambled Eggs Seasonal Fresh Fruit 100% Fruit Juice Milk Option	Sausage Biscuit Seasonal Fresh Fruit 100% Fruit Juice Milk Option	Donut Pack Seasonal Fresh Fruit 100% Fruit Juice Milk Option	Breakfast Taquito Cheese Stick Seasonal Fresh Fruit Salsa 100% Fruit Juice Milk Option
LUNCH	Mexican Chicken Chopped Lettuce Diced Tomato Seasoned Black Beans Chilled Fruit Cocktail Brown Rice Salsa Sour Cream Milk Option	Hamburger Tomato Lettuce Steamed Broccoli Sweet Potato Fries Rosy Applesauce Ketchup Mustard Milk Option	Grilled Chicken Sandwich Tomato Lettuce Baby Carrots Seasoned Green Beans Chilled Peaches Ranch Mayonnaise Mustard Milk Option	BBQ Riblet Sandwich Creamy Coleslaw Seasoned Field Peas & Snaps Chilled Mandarin Oranges Milk Option	Pizza Bites Tater Tots Salad Chilled Tropical Fruit Ketchup Salad Dressing Milk Option	Grilled Cheese Chili Con Carne Celery Sticks Cinnamon Applesauce Chips Ranch Milk Option	Oven Fried Chicken Seasoned Turnip Greens Mashed Potatoes Brown Gravy Chilled Pineapple Roll Cinnamon Elf Grahams Milk Option
DINNER	Macaroni and Cheese w/ Turkey Seasoned Collard Greens Seasoned Mixed Vegetables Breadstick Chocolate Chip Cookie Beverage	Chicken Stir Fry Veggie Egg Roll Seasoned Green Peas Brown Rice Chocolate Frosted Chocolate Cake Sweet & Sour Sauce Beverage	Philly Cheese Steak Sandwich Baked Beans Cucumber & Onion Salad Chips Strawberry Ice Cream Beverage	Beef & Mac Casserole Seasoned Summer Corn Salad Option Roll Oatmeal Raisin Cookie Salad Dressing Beverage	Chicken & Sausage Jambalaya Corn on the Cob Steamed California Veggies Cornbread Vanilla Ice Cream Beverage	BBQ Chicken Bites Baked Potato Seasoned Green Beans Roll Vanilla Frosted White Cake Butter Sour Cream Beverage	Biscuits & Gravy Breakfast Meat Scrambled Eggs Spiced Apples Sugar Cookie Beverage

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Jessika Anderson, MS, RD, LD
July 2018



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WEEK II MENU CYCLE SY 18-19

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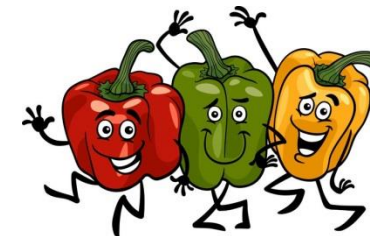
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Power Bread Yogurt Seasonal Fresh Fruit 100% Fruit Juice Milk Option	Chicken Biscuit Seasonal Fresh Fruit 100% Fruit Juice Milk Option	Pancakes, Waffles or French Toast Sausage Links Seasonal Fresh Fruit Syrup 100% Fruit Juice Milk Option	Bagel Cheese Stick Option Seasonal Fresh Fruit Cream Cheese 100% Fruit Juice Milk Option	Breakfast Burrito Seasonal Fresh Fruit Salsa 100% Fruit Juice Milk Option	Breakfast Crumble Seasonal Fresh Fruit 100% Fruit Juice Milk Option	Cereal Yogurt Seasonal Fresh Fruit 100% Fruit Juice Milk Option
LUNCH	Breaded Chicken Sandwich Lettuce Glazed Carrots Steamed Broccoli Chilled Pears Mayonnaise Milk Option	Pizza Slice Sweet Potato Waffle Fries Seasoned Lima Beans Chilled Fruit Cocktail Milk Option	BBQ Baked Potato Seasoned Collard Greens Chilled Peaches Roll Chips Milk Option	Big Beef n' Cheddar Salad Option Curly Fries Rosy Applesauce Ketchup Salad Dressing Milk Option	Cheeseburger Tomato Lettuce Steamed California Veggies Baked Beans Chilled Mandarin Oranges Ketchup Mustard Milk Option	Chicken Tenders Seasoned Green Beans Seasoned Summer Corn Spiced Apples Roll Honey Mustard Milk Option	Chili Dog Salad Option French Fries Cinnamon Applesauce Chips Ketchup Salad Dressing Milk Option
DINNER	Buffalo Chicken Dip Fritos Celery Sticks Seasoned Black Beans Brownie Ranch Beverage	Taquitos Cucumber & Onion Salad Mexicali Corn Tortilla Chips Chocolate Ice Cream Salsa Beverage	Chicken Tacos Chipotle Coleslaw Seasoned Pinto Beans Hushpuppies Chocolate Chip Cookie Ketchup Beverage	Spaghetti & Meat Sauce Seasoned Mixed Vegetables Steamed Broccoli Garlic Toast Chocolate Frosted Yellow Cake Beverage	Oven Fried Chicken Seasoned Field Peas & Snaps Seasoned Turnip Greens Cornbread Strawberry Ice Cream Beverage	Meat Patty Mashed Potatoes Brown Gravy Seasoned Lima Beans Roll Oatmeal Raisin Cookie Beverage	Chicken Fajitas Refried Beans Seasoned Carrots Spanish Rice Vanilla Frosted Chocolate Cake Beverage

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July 2018



WEEK III MENU CYCLE SY 18-19




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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Breakfast Pizza Flatbread Seasonal Fresh Fruit 100% Fruit Juice Milk Option	Breakfast Corndogs Seasonal Fresh Fruit Syrup 100% Fruit Juice Milk Option	Muffin Sausage Links Seasonal Fresh Fruit 100% Fruit Juice Milk Option	Breakfast Roll Scrambled Eggs Seasonal Fresh Fruit 100% Fruit Juice Milk Option	Sausage Biscuit Seasonal Fresh Fruit 100% Fruit Juice Milk Option	Donut Pack Seasonal Fresh Fruit 100% Fruit Juice Milk Option	Breakfast Taquito Cheese Stick Seasonal Fresh Fruit Salsa 100% Fruit Juice Milk Option
LUNCH	Deli Club Sandwich Tomato Lettuce Steamed Broccoli Steamed California Veggies Chilled Tropical Fruit Chips Mayonnaise Mustard Milk Option	Beef Burritos Seasoned Pinto Beans Tomato Salad Chilled Pineapple Salsa Sour Cream Milk Option	Pizza Slice Tater Tots Salad Rosy Applesauce Salad Dressing Ketchup Milk Option	Nacho Bites Seasoned Black Beans Steamed Peas & Carrots* Chilled Fruit Cocktail Salsa Milk Option	Grilled Cheese Chili Con Carne Salad Chilled Mandarin Oranges Chips Salad Dressing Milk Option	Mini Corndogs French Fries Celery Sticks Chilled Peaches Ketchup Mustard Ranch Milk Option	Cowboy Burger Sweet Potato Fries Baked Beans Cinnamon Applesauce Milk Option
DINNER	Chicken & Dumplings Steamed Cauliflower Cheese Sauce Corn on the Cob Cornbread Vanilla Ice Cream Beverage	Honey Sriracha Chicken Veggie Egg Roll Seasoned Green Beans Fried Rice Sugar Cookie Sweet & Sour Sauce Beverage	Frito Pie Ranch Sour Cream Potato Wedges Steamed Broccoli Brownie Ketchup Beverage	BBQ Chicken Pizza Slice Seasoned Summer Corn Glazed Carrots Roll Chocolate Ice Cream Beverage	Lasagna Baked Potato Seasoned Collard Greens Garlic Toast Chocolate Chip Cookie Butter Sour Cream Beverage	Buffalo Chicken Bites Cucumber & Onion Salad Baked Beans Chips Vanilla Frosted Yellow Cake Beverage	Chicken & Waffles Diced Potatoes Seasoned Green Beans Strawberry Ice Cream Syrup Hot Sauce Beverage

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WEEK IV MENU CYCLE SY 18-19


Water is available with all meals.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Power Bread Yogurt Seasonal Fresh Fruit 100% Fruit Juice Milk Option	Chicken Biscuit Seasonal Fresh Fruit 100% Fruit Juice Milk Option	Pancakes, Waffles or French Toast Sausage Links Seasonal Fresh Fruit Syrup 100% Fruit Juice Milk Option	Bagel Cheese Stick Option Seasonal Fresh Fruit Cream Cheese 100% Fruit Juice Milk Option	Breakfast Burrito Seasonal Fresh Fruit Salsa 100% Fruit Juice Milk Option	Breakfast Crumble Seasonal Fresh Fruit 100% Fruit Juice Milk Option	Cereal Yogurt Seasonal Fresh Fruit 100% Fruit Juice Milk Option
LUNCH	Pizza Slice Tater Tots Seasoned Green Peas Chilled Pears Ketchup Milk Option	Chicken Nuggets Salad Seasoned Mixed Vegetables Spiced Apples Roll Ketchup Salad Dressing Milk Option	Chili Dog Sweet Potato Waffle Fries Creamy Coleslaw Chilled Pineapple Chips Milk Option	Spaghetti & Meatballs Seasoned Turnip Greens Steamed Peas & Carrots Chilled Fruit Cocktail Breadstick Milk Option	Cheeseburger Baked Beans Cucumber & Onion Salad Cinnamon Applesauce Ketchup Mustard Milk Option	Breaded Chicken Sandwich Lettuce Seasoned Black Beans Seasoned Carrots Chilled Tropical Fruit Mayonnaise Milk Option	Mini Corndogs Salad French Fries Chilled Peaches Ketchup Mustard Salad Dressing Milk Option
DINNER	BBQ Chicken Mashed Potatoes Brown Gravy Corn on the Cob Roll Oatmeal Raisin Cookie Beverage	Beef Nachos Shredded Lettuce & Tomato Mexicali Corn Seasoned Black Beans Chocolate Frosted White Cake Salsa Sour Cream Beverage	Buffalo Chicken Pizza Slice Ranch Sour Cream Potato Wedges Seasoned Lima Beans Roll Vanilla Ice Cream Ketchup Beverage	Chicken Tacos Chipotle Coleslaw Seasoned Pinto Beans Hushpuppies Sugar Cookie Ketchup Beverage	Chicken Parmesan Rotini Noodles Seasoned Summer Corn Seasoned Field Peas & Snaps Garlic Toast Chocolate Ice Cream Beverage	Quesadilla Refried Beans Spanish Rice Tortilla Chips Chocolate Chip Cookie Sour Cream Salsa Beverage	Teriyaki Chicken Bites Steamed Broccoli Seasoned Carrots Fried Rice Brownie Beverage

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SNACK MENU CYCLE SY 18-19

Afterschool Care Program (ACP)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Week 1 ACP SNACKS	Chips 100% Fruit Juice 	Grain Dessert 100% Fruit Juice 	Chex 100% Fruit Juice 	Chips 100% Fruit Juice 	Popcorn 100% Fruit Juice 	Crackers 100% Fruit Juice 	Grain Dessert 100% Fruit Juice
Week 2 ACP SNACKS	Chex 100% Fruit Juice 	Crackers 100% Fruit Juice 	Popcorn 100% Fruit Juice 	Grain Dessert 100% Fruit Juice 	Chips 100% Fruit Juice 	Grain Dessert 100% Fruit Juice 	Crackers 100% Fruit Juice
Week 3 ACP SNACKS	Chips 100% Fruit Juice 	Grain Dessert 100% Fruit Juice 	Chex 100% Fruit Juice 	Chips 100% Fruit Juice 	Popcorn 100% Fruit Juice 	Crackers 100% Fruit Juice 	Grain Dessert 100% Fruit Juice
Week 4 ACP SNACKS	Chex 100% Fruit Juice 	Crackers 100% Fruit Juice 	Popcorn 100% Fruit Juice 	Grain Dessert 100% Fruit Juice 	Chips 100% Fruit Juice 	Grain Dessert 100% Fruit Juice 	Crackers 100% Fruit Juice

9:00 AM (AM SNACK) & 8:00 PM (PM SNACK) Snacks:
 4 oz. 100% Fruit Juice AND one of the following:
 Peanut Butter & Jelly
 Crackers
 Cereal Bar
 Poptart
 Chips

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