

AUGUST ~ 2017
MONDAY

VAL VERDE UNIFIED SCHOOL DISTRICT
TUESDAY WEDNESDAY THURSDAY

ELEMENTARY
FRIDAY

Meals Served with LF or NF Choc Milk

Elementary Prices:

Breakfast: Reduced - \$0.00
Breakfast: Paid - \$0.00
Lunch: Reduced - \$0.00
Lunch: Paid - \$2.50

* - Items that contain Pork
☞ - ALL Bread Items are Wholegrain

* **LUNCH MEAL**; Includes one Entrée from the main menu & one or more Fruit & Vegetable selections from the Garden Bar.

OR, **SALAD BAR LUNCH**; Build a Complete Meal with a variety of fresh fruits & vegetables, and daily salad bar protein and bread items.

Each Student *MAY* select:

◦ Entrée ◦ Garden Bar Fruits & Vegetables ◦ Milk

To Count as a *Complete* Meal, Each Student *MUST* Select:

****1/2 Cup or more Fruit or Vegetable****

Get a Smart Start to your Week with...
Lean & Green Mondays

The Simple Way to Pay
FOR SCHOOL MEALS



Garden Bar Salad Dressings
~Yogurt, Avocado, Cilantro Ranch (School recipe)
~Ranch, reduced fat

Wednesday - August 16th
New School Year Begins



16
Chicken Fillet Sandwich or Teriyaki Beef Dippers & Texas Garlic Toast
Self-Serve Garden Bar
See Menu Below

17
Cheese Pizza or Chicken Tamale
Refried Beans (vegetarian)
Self-Serve Garden Bar
See Menu Below

18
Corn Dog or Turkey Pepperoni Calzonette
Oven Fries
Self-Serve Garden Bar
See Menu Below

21
Macaroni & Cheese (low fat) or Teriyaki Chicken w/Rice & Animal Crackers
Self-Serve Garden Bar
See Menu Below

22
Philly Cheese Steak Pin Wheel or Taco Pocket
100% Fruit-Ice Cup
Self-Serve Garden Bar
See Menu Below

23
French Toast & Scrambled Egg w/Bacon & Cheese*
or *BBQ Rib on a Bun
Self-Serve Garden Bar
See Menu Below

24
* Pepperoni Pizza or Taco Chalupa & States & Capitols
Vanilla Cookies
Self-Serve Garden Bar
See Menu Below

25
PB&J Pocket or Cheeseburger (handmade)
Tator Tots
Self-Serve Garden Bar
See Menu Below

28
Chicken Tenders & Goldfish or Beef & Gr Chili Burrito
Self-Serve Garden Bar
See Menu Below

29
Taco Hay Stack (tky) or Grilled Cheese Sandwich
Self-Serve Garden Bar
See Menu Below

30
Chicken Fillet Sandwich or Teriyaki Beef Dippers & Texas Garlic Toast
Self-Serve Garden Bar
See Menu Below

31
Cheese Pizza or Chicken Tamale
Refried Beans (vegetarian)
Self-Serve Garden Bar
See Menu Below



Monday Garden Bar Options		Tuesday Garden Bar Options		Wednesday Garden Bar Options		Thursday Garden Bar Options		Friday Garden Bar Options	
Salad Mix	Nectarines	Salad Mix	Pineapple	Salad Mix	Fruit Mix	Salad Mix	Bananas	Salad Mix	Diced Peaches
	Diced Pears	Baby Carrots	Orange Wedges	Grapes	Jicama Sticks	Cucumber Slices	Applesauce	Tomato Slices	Fresh Kiwi
3-Bean Quinoa Salad	Cherry Tomatoes	Corn Niblets		Confetti Salad		Baby Carrots		Confetti Salad	
	Diced Turkey		Diced Egg		Diced Turkey				Diced Chicken
Loco Bread	Colby-Jack Cheese Stick	Honey Wheat Biscuit	Diced Turkey Ham	Harvest Choc. Chip Muffin	Yoplait Yogurt	Cornmeal Super Star	Diced Egg Yoplait Yogurt	Loco Bread	Dried CB's & Sunflower Seed