

# August Menu 2018

## Alisal and Mohr Elementary Schools



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>6</b> Mini Corn Dog or Cheese Chalupa*  <i>Get Healthy Salad Bar</i>	<b>14</b> Meatball Sandwich or Cheesy Breadsticks*  <i>Get Healthy Salad Bar</i>	<b>8</b> Orange Chicken with Rice Cheese Quesadillas*  <i>Get Healthy Salad Bar</i>	<b>16</b> Meatloaf & Mashed Potatoes Bean Tamales*  <i>Get Healthy Salad Bar</i>	<b>10</b> <b>Garlex Pizza</b> Cheese*, Vegetarian* Pepperoni, Hawaiian TGIF Fruit Icee Treat <i>Get Healthy Salad Bar</i>
<b>13</b> Pop Corn Chicken (Antibiotic Free Chicken) Bean & Cheese Chiminada*  <i>Get Healthy Salad Bar</i>	<b>21</b> Celebration Nuggets Cheese Tamales*  <i>Get Healthy Salad Bar</i>	<b>15</b> Chicken Drumstick & Wedge Potatoes Cheese Pasta Shells*  <i>Get Healthy Salad Bar</i>	<b>17</b> Cheese Ravioli w/ Meat Balls Nacho Cheese Chips*  <i>Get Healthy Salad Bar</i>	<b>17</b> <b>Garlex Pizza</b> Cheese*, Vegetarian* Pepperoni, Hawaiian TGIF Treat Frozen Yogurt <i>Get Healthy Salad Bar</i>
<b>20</b> Pasta & Chicken & Creamy White Sauce Baked Potatoes & Fixings*  <i>Get Healthy Salad Bar</i>	<b>28</b> Turkey & Gravy & Mashed Potatoes Mac & Cheese*  <i>Get Healthy Salad Bar</i>	<b>22</b> Pulled Pork & Roll Cheese Quesadilla*  <i>Get Healthy Salad Bar</i>	<b>27</b> Chicken Burger Cheese Enchilada & Rice with Beans*  <i>Get Healthy Salad Bar</i>	<b>27</b> <b>Garlex Pizza</b> Cheese*, Vegetarian* Pepperoni, Hawaiian TGIF Fruit Icee Treat <i>Get Healthy Salad Bar</i>

### Enjoy a Healthy Salad Bar

Fresh Fruit and Canned Fruit

#### At least one item from each USDA Vegetable Subgroups will be available to students everyday!

Dark Green Vegetables (iron, vitamin C, lutein) = bok choy, broccoli, greens, green kale, parsley purple kale, romaine lettuce, spinach.

Starchy Vegetables (potassium, magnesium, allacin) = cassava, corn, jicama, lima beans, plantains, potatoes, taro, water chestnuts.

Red & Orange Vegetables (vitamin A, vitamin K, lycopenes) = carrots, red bell peppers, pumpkin, sweet potatoes, squash, tomatoes.

Legumes or Beans (fiber, zinc, flavanoids) = black beans, garbanzo beans, kidney beans, lentils, navy beans, pinto, soy beans, white beans.

Other Vegetables (vitamin A, Vitamin C, allacin) = beets, cabbage, cauliflower, celery, cucumbers, green beans, peppers, olives, radishes, zucchini.

**Milk, 1% or Non-fat White, Non-fat Chocolate, & Non-fat Strawberry Milk**

### Fuel up to Learn Breakfast

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Assorted Muffins</b> Seasonal Fruit and Juice Cold Cereal & Milk	<b>Breakfast Burrito</b> Seasonal Fruit and Juice Cold Cereal & Milk	<b>Crumb Square*</b> Seasonal Fruit and Juice Cold Cereal & Milk	<b>Pizza Bagel</b> Seasonal Fruit and Juice Cold Cereal & Milk	<b>Dutch Waffle*</b> Seasonal Fruit and Juice Cold Cereal & Milk

#### \*Other Vegetarian Options Available Daily at Lunch:

- Hummus Lunchable
- Sun butter & Jelly Sandwich
- Yogurt & Granola
- Fruit & Cheese Cup



**BREAKFAST \$2.00:** Includes whole grain-rich entree, cereal, fruit, and or 100% juice or milk  
**LUNCH \$3.75:** Includes whole grain-rich entree, salad bar, fruit, and milk  
 A second milk may be purchased for \$0.50 or soy milk for \$1.00  
 Bottled water may be purchased for \$1.00

#### MENU SUBJECT TO CHANGE DUE TO PRODUCT AVAILABILITY

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Please keep meal accounts current. CNS accepts cash, checks, or online payments which can be made at MySchoolBucks.com. CNS is an equal opportunity employer. For more info please call us at 925-426-4417.