

# August 2017

# Yuma School District One

# Elementary Menu



**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



### Available Daily

**Breakfast:** Yogurt Parfait, Assorted Cereal, Fresh Or Canned Fruit, Choice of Juice, White or Flavored Milk

**Lunch:** Peanut Butter & Jelly Sandwich, Yogurt & Roll Combo, Fruit & Veggie Bar, Choice of Juice, White or Flavored Milk



## Monday



## Tuesday



**Welcome Back to Yuma School District One!**

## Wednesday

## Thursday

## Friday

### Breakfast

Breakfast Pizza

7

### Lunch

Bean & Cheese Burrito  
Spanish Rice

### Breakfast

Sausage Patty w/ Biscuit

8

### Lunch

Corn Dog  
Ranch Beans

### Breakfast

Dutch Waffle

9

### Lunch

Mandarin Orange Chicken  
Brown Rice & Fortune Cookie

### Breakfast

Assorted Pop Tarts

10

### Lunch

Beefaroni  
Green Beans & Wheat Roll

### Breakfast

Cinnamon Crumble Coffee Cake

11

### Lunch

Chicken Sandwich  
Smiley Face French Fries

### Breakfast

Sausage Patty w/ Scrambled Eggs

14

### Lunch

Pepperoni Pizza  
Corn

### Breakfast

Pancake & Sausage on a Stick

15

### Lunch

Chicken Taquito  
Spanish Rice w/ salsa

### Breakfast

Super Donut

16

### Lunch

Hamburger  
Ranch Beans

### Breakfast

French Toast Sticks w/ Syrup

17

### Lunch

Chicken Nuggets  
Mashed Potatoes & Wheat Roll

### Breakfast

Cinnamon Stars

18

### Lunch

Pepperoni Pizza Stick  
Steamed Cheesy Broccoli

### Breakfast

New Breakfast Pizza Bagel

21

### Lunch

Teriyaki Beef Blaster  
Brown Rice & Fortune Cookie

### Breakfast

Triangle Hash Brown w/ Sausage Patty

22

### Lunch

Turkey & Gravy  
Baby Baked Potatoes & Wheat Roll

### Breakfast

Zucchini Bread Slice

23

### Lunch

Folded Beef Taco  
Refried Beans

### Breakfast

Assorted Pop Tarts

24

### Lunch

Chili Cheese Fries  
Wheat Roll

### Breakfast

Chocolate Chip French Toast

25

### Lunch

Spaghetti  
Corn & French Bread Slice

### Breakfast

Breakfast Burrito

28

### Lunch

Taco in a Bag  
Refried Beans

### Breakfast

Sausage Patty w/ Biscuit

29

### Lunch

Pigs in a Blanket  
Ranch Beans

### Breakfast

Mini Pancakes w/ Syrup & Scrambled Eggs

30

### Lunch

Pepperoni Pizza  
Corn

### Breakfast

Glazed Donut Holes

31

### Lunch

Cheeseburger Sliders  
Tatar Tots



This Institution is an equal opportunity provider.