












MIDDLE/HIGH AUGUST MENU
2010



	Mon	Tue	Wed	Thu	Fri	
Breakfast	3 oz Full Bagel 1 oz Cream Cheese Cup 1 @ 3/4 c Cereal Variety 4 oz Strawberry Yogurt 1 @ 3/4 c Fresh Fruit Variety 8 oz White Skim Milk/1 % Chocolate 	2 @ 2.5 oz Whole Grain Pancakes 1 oz Syrup Cup 1 @ 3/4 c Cereal Variety 4 oz Strawberry Yogurt 1 @ 3/4 c Fresh Fruit Variety 8 oz White Skim Milk/1 % Chocolate 	3 oz Full Bagel 1 oz Cream Cheese Cup 1 @ 3/4 c Cereal Variety 4 oz Strawberry Yogurt 1 @ 3/4 c Fresh Fruit Variety 8 oz White Skim Milk/1 % Chocolate 	2 @ 2.5 oz Whole Grain Pancakes 1 oz Syrup Cup 1 @ 3/4 c Cereal Variety 4 oz Strawberry Yogurt 1 @ 3/4 c Fresh Fruit Variety 8 oz White Skim Milk/1 % Chocolate 	3 oz Full Bagel 1 oz Cream Cheese Cup 1 @ 3/4 c Cereal Variety 4 oz Strawberry Yogurt 1 @ 3/4 c Fresh Fruit Variety 8 oz White Skim Milk/1 % Chocolate 	
Week 1	2 No School	3 No School	4 No School	5 No School	6 No School	
Week 2	9 No School	10 No School	11 No School	12 No School	13 No School	
Week 3	16 No School	17 No School	18 No School	19 No School	20 No School	
Week 4	23 Turkey Dog with Bun Pizza Turkey Sandwich Ham Salad Baked Beans Dressing Variety Mustard Ketchup Fresh Fruit Variety White Skim Milk/1 % Chocolate 	24 Chicken Nuggets Pizza Ham Sandwich Turkey Salad Mashed Potatoes Broccoli Florets w/Melted Cheese Dressing Variety Mustard Ketchup Fresh Fruit Variety White Skim Milk/1 % Chocolate 	25 Lean Ground Beef w/ White Rice Pizza Turkey Sandwich Ham Salad Black Beans Dressing Variety Mustard Ketchup Fresh Fruit Variety White Skim Milk/1 % Chocolate 	26 Beef Ravioli in Tomato Sauce Pizza Whole Wheat Dinner Roll Ham Sandwich Turkey Salad Lettuce Mix Dressing Variety Mustard Ketchup Fresh Fruit Variety White Skim Milk/1 % Chocolate 	27 Cheese Pizza Turkey Sandwich Ham Salad Garden Salad Dressing Variety Mustard Ketchup Fresh Fruit Variety White Skim Milk/1 % Chocolate 	
Week 5	30 Mini Cheeseburger Pizza Ham Sandwich Turkey Salad Corn On The Cob Dressing Variety Mustard Ketchup Fresh Fruit Variety White Skim Milk/1 % Chocolate 	31 Chicken Teriyaki w/ White Rice Pizza Turkey Sandwich Ham Salad Broccoli Florets w/Melted Cheese Dressing Variety Mustard Ketchup Fresh Fruit Variety Skim Plain Milk/1 % Chocolate 				

* Menu subject to change