

**K-8 Menu- August & September 2022, updated 7/20/22**

K-8 August 2022

1			<b>3. First Day of School</b> Chicken ABC Shaped Nuggets (Smart Foods) w/ President grahams Potato Rounds Applesauce Cup	4. Beef Soft Tacos (JTM 5249) Refried Beans Salsa Cup Fresh baked choc chip cookie Fresh Apple Slices  <b>*National Chocolate Chip Cookie Day</b>	<b>5. PLC</b> 3 Cheese Cavatappi Pasta (JTM-5773) Texas Toast Tossed Green Salad Hooray Frozen Fruit Cup (at warehouse)
2	8 Mini Turkey Corn Dogs (JTM 5090) Texas Ranchero Beans Assorted Fresh Fruits	9 Pizza Tuesday Fresh Cucumber Slices Mixed Fruit	10 Popcorn Chicken (PP 110452) Dinner Roll Steamed Sunshine Carrots Fresh Grapes	11 Breakfast for Lunch 1 ConAgra Glazed Cinnamon Pancakes w/ (P) Jones Sausage links Hash Brown Rounds Cherry Applesauce Cup	<b>12. PLC</b> Spaghetti & Meatsauce (JTM 5590) Garlic Knot Tossed Green Salad Frozen Fruit Slush Pouch, blue raspberry
3	15 Cheesy Breadsticks (Tasty 62001) (at warehouse) with Marinara Sauce Green Beans Applesauce	16 Pizza Tuesday Fresh Baby Carrots Fresh Melon Slices	17 Chicken Tenders Tyson 703322 Garlic Knot Black Beans Fresh Orange Wedges	18 Beef & Cheese Tostada w/ Churro (Intg Chalupa C82605) Street Corn Salsa Cup Mango & Papaya Cup	<b>19. PLC</b> Orange Chicken w Brown Rice (110452 PP) Steamed Broccoli Frozen Fruit Slush Pouch, Hula Cooler
1	22 BBQ Rib Sandwich (p) (3717 Adv Pierre) Green Beans Assorted Fresh Fruit	23 Pizza Tuesday Fresh Baby Carrots Fresh Orange Wedges	24 Chicken Star Shaped Nuggets (Smart Foods) w/ grahams Potato Rounds Peaches (from Shamrock, canned- If USDA hasn't arrived yet)	25 Beef Soft Tacos (JTM 5249) Refried Beans Salsa Cup Mangoes, cupped	<b>26. PLC</b> 3 Cheese Cavatappi Pasta (JTM-5773) Texas Toast Tossed Green Salad Frozen Fruit Slush Pouch, blue raspberry

2	29 Mini Turkey Corn Dogs (JTM 5090) Texas Ranchero Beans Assorted Fresh Fruits	30 Pizza Tuesday Fresh Cucumber Slices Mixed Fruit	31 Popcorn Chicken (PP 110452) Dinner Roll Steamed Sunshine Carrots Fresh Grapes		
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Additional Daily Fresh Veggies: Side Salad & Carroteenies + monthly/weekly feature? \*plan to serve ¼ cup on frozen potatoes

Monthly Options: ~~(Grahams) D&J Nutrition~~ President Grahams

Meatless Feature: Cheese Quesadillas w/ Salsa (Red Gold)

K8 Grab N Go: ~~Yogurt & Mozz String Cheese with Muffin (BV Apple Cinnamon)~~ **Kits, remove the expired sunflower seeds- add string cheese, baby carrots, grahams.** Available kits are: lunch-kit-BBQ-chicken-bites and lunch-kit-turkey-stick

CHOW: BBQ Rib, Hot Dog, Spicy Chicken Sandwich, Crispy Chicken Sandwich, Spicy Chicken Sandwich

MS Grab N Go: Crispy Chicken Salad (Tyson 3857)

**Breakfast Features:** Burrito (MCI), Smoothie with Grahams or Toast, and daily-assorted choices

**BIC:** cereal daily, (M) Oatmeal Choc Chip Bar, (T) Strawberry Yogurt & Graham Crackers, (W) Bagel & Cream Cheese, (TH) Glazed Donut Bite, (F) Cinnamon Bun

**September 2022**

2				1 Breakfast for Lunch 1 ConAgra Glazed Cinnamon Pancakes w/ (P) Jones Sausage links Hash Brown Rounds Applesauce	2. <b>PLC</b> Spaghetti & Meatsauce (JTM 5590) Garlic Knot Tossed Green Salad Frozen Fruit Slush Pouch, Hula Cooler
3	5 <del>Cheesy Breadsticks (Tasty 62001) with Marinara Sauce Green Beans</del> <b>No School</b>	6 Pizza Tuesday Fresh Baby Carrots Orange Wedges	7 Chicken Tenders (7572 PP-A+) Tyson 703322 Garlic Knot <b>Bean Salad (new recipe?- Dang Beans)</b> Peaches (? from Shamrock, canned)	8 Beef & Cheese Tostada w/ Churro (Intg Chalupa C82605) Street Corn Salsa Cup Mangoes, cupped	9 Orange Chicken w Brown Rice (110452 PP) Steamed Broccoli. Frozen Fruit Slush Pouch, blue raspberry

1	12 BBQ Rib Sandwich (p) (3717 Adv Pierre) Green Beans Pineapple Chunks	13 Pizza Tuesday Fresh Baby Carrots Fresh Orange Wedges	14 Chicken Star Shaped Nuggets (Smart Foods) w/ grahams Seasoned Fries NEW, Fruity Gel Cup- Cherry	15 Beef Soft Tacos (JTM 5250) Refried Beans Salsa Cup Mangoes & Papayas, cupped	16. <b>PLC</b> 3 Cheese Cavatappi Pasta (JTM-5773) Texas Toast Tossed Green Salad Frozen Fruit Slush Pouch, Hula Cooler
2	19 Mini Turkey Corn Dogs (JTM 5090) Texas Ranchero Beans Applesauce	20 Pizza Tuesday Fresh Cucumber Slices Pears	21 Popcorn Chicken (PP 110452) Dinner Roll Steamed Sunshine Carrots Fresh Orange Slices	22 Breakfast for Lunch 1 ConAgra Glazed Cinn Pancakes w/ (P) Jones Sausage links Hash Brown Rounds Fresh Apple Slices	23. <b>PLC</b> Spaghetti & Meatsauce (JTM 5590) Garlic Knot Tossed Green Salad Frozen Fruit Slush Pouch, blue raspberry
3	<del>26 Cheesy Breadsticks (Tasty 62001) with Marinara Sauce Green Beans</del> <b>No School- Fall Break Day</b>	27 Pizza Tuesday Fresh Baby Carrots Peaches	28 Chicken Tenders (7572 PP-A+) Tyson 703322 Garlic Knot <b>Bean Salad (new recipe?- Dang Beans)</b> Fruity Gel Cup- Cherry	29 Beef & Cheese Tostada w/ Churro (Intg Chalupa C82605) Street Corn Salsa Cup Mixed Fruit	30. Orange Chicken w Brown Rice (110452 PP) Steamed Broccoli Frozen Fruit Slush Pouch, Hula Cooler

Additional Daily Fresh Veggies: Side Salad & Carroteenies + monthly/weekly feature? \*plan to serve ¼ cup on frozen potatoes

Monthly Options: (Grahams) Smart Foods All Star

Meatless Feature: Cheese Pinwheel (ES Foods) w/ Marinara Dip (Red Gold)

K8 Grab N Go: Hummus Cup (NFG) & Marble cheese stick with J & J, 2 grain equiv crackers

CHOW Sandwich: Spicy Chicken, Cheeseburger, BBQ Rib, Hot Dog, Spicy Chicken,

MS Grab N Go: Grilled Chicken Salad (Caesar)- (John Soules grilled chicken 62005)- with J & J 2 goe crackers

**Breakfast Features:** Pancake Sausage Sandwich (Intgrtd C99120) and Yogurt Parfait w/ Grahams

**BIC:** cereal daily, (M) Oatmeal Choc Chip Bar, (T) Pancake Sausage Sandwich, (W) Bagel & Cream Cheese, (TH) Mini Choc Donuts (F) Apple Cinnamon Muffin