

A variety of milk is offered daily  
Flavored, Fat Free &  
1% White milk

# AUGUST 2018

## MONROE COUNTY SCHOOLS

Monroe County Child Nutrition Program  
Offer vs Serve:  
5 Components are offered:  
Grain, Meat or Meat Alternate, Vegetable,  
Fruit & Milk  
Students choose at least 3 Components  
including ½ cup Fruit or Veggie

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday



		<p><b>1</b></p> <p><u>Chef Salad Option</u> Turkey, Ham or Chicken, Mixed Veggies, Ranch Dressing w/crackers &amp; Fresh Fruit</p>	<p><b>2</b></p> <p><u>Sandwich Option when available</u> Turkey Cheese Sandwich Ham Cheese Hoagie Or Wow Butter Sandwich w/Chips, Veggie, Fresh Fruit Mayo &amp; Mustard</p>	<p><b>3</b></p> <p><b>Grab &amp; Go meals also include a hot vegetable</b></p>
<p><b>6</b></p> <p>Ham &amp; Cheese Slider, Fruit &amp; Juice</p> <p>Cheeseburger, Lettuce &amp; Tomato Zesty Fries, Baked Beans, Fruit</p>	<p><b>7</b></p> <p>Pancakes, Syrup, Cheese Cubes Fruit &amp; Juice</p> <p>Chicken Poppers, Salad Sweet Potato Fries, Broccoli &amp; Cheese Roll &amp; Fruit</p>	<p><b>8</b></p> <p>Sausage Biscuit, Fruit &amp; Juice</p> <p>Hamburger Steak &amp; Gravy, Mashed Potatoes, English Peas, Fruit &amp; Roll</p>	<p><b>9</b></p> <p>Gogurt, Fruit, String Cheese, Juice, Cereal Bar</p> <p>Pizza, Corn, Green Salad w/Anti Pasto Diced Ham, Pepperoncini, Olives &amp; Mozzarella Cheese, Olive Oil &amp; Vinegar Marinara Sauce &amp; Fruit</p>	<p><b>10</b></p> <p>Chicken Biscuit Fruit &amp; Juice</p> <p>Ham &amp; Cheese Hoagie, Chips, Carrot Sticks w/Ranch, Fruit</p>
<p><b>13</b></p> <p>Breakfast Pizza or Bagel, Gogurt, Fruit &amp; Juice</p> <p>Breakfast for Lunch: Sausage, Egg, Biscuit, Cheese Grits Hashbrown Patty &amp; Cinnamon Apples</p>	<p><b>14</b></p> <p>French Toast, Syrup, String Cheese Fruit &amp; Juice</p> <p>Baked Chicken &amp; Rice, Steamed Broccoli, Fruit, Roll</p>	<p><b>15</b></p> <p>Sausage Biscuit, Fruit &amp; Juice</p> <p>Southwest Beef Taco Salad, Tortilla Chips Assorted Fruit, Black Bean Salsa</p>	<p><b>16</b></p> <p>Yogurt, Fruit, Juice Cereal or Muffin</p> <p>Corn Dog Green Beans, Yam Patties, Fresh Fruit</p>	<p><b>17</b></p> <p>Ham Biscuit Fruit &amp; Juice</p> <p>Turkey &amp; Cheese on a Bun, Chips, Carrot Sticks w/Ranch, Fruit</p>
<p><b>20</b></p> <p>Ham &amp; Cheese Croissant, Fruit &amp; Juice</p> <p>Fish on a Bun or Hotdog, Cole Slaw, Dill Pickle Chips, Yam Patties Baked Beans, Fruit</p>	<p><b>21</b></p> <p>Pancake Bites or Pancake Sausage On a Stick, Syrup Fruit &amp; Juice</p> <p>Hot Wings, or Chicken Tenders Potato Tots, Salad, Celery &amp; Carrots Roll &amp; Fruit</p>	<p><b>22</b></p> <p>Sausage Biscuit, Fruit &amp; Juice</p> <p>Beef-a-Roni Bake with Cheese Romaine Salad w/Chickpeas, Garlic Bread, English Peas, Fruit</p>	<p><b>23</b></p> <p>Gogurt, Fruit, Cheese Cubes Juice, Cereal Bar</p> <p>Pizza, Corn, Green Salad w/Anti Pasto: Diced Ham, Pepperoncini, Olives &amp; Mozzarella Cheese, Olive Oil &amp; Vinegar Marinara Sauce &amp; Fruit</p>	<p><b>24</b></p> <p>Chicken Biscuit, Fruit &amp; Juice</p> <p>Ham &amp; Cheese Hoagie, Chips, Fresh Broccoli &amp; Carrots w/Ranch, Fruit</p>
<p><b>27</b></p> <p>Breakfast Pizza or Bagel, Gogurt, Fruit &amp; Juice</p> <p>BBQ Sandwich Baked Beans, Corn on the Cob, Cole Slaw and Fruit</p>	<p><b>28</b></p> <p>Mini Waffles, Syrup Cheddar Cubes Fruit &amp; Juice</p> <p>Cheesy Chicken Spaghetti Green Beans &amp; Carrots Caesar Salad, Fresh Fruit Garlic Breadstick</p>	<p><b>29</b></p> <p>Sausage Biscuit, Fruit &amp; Juice</p> <p>Beefy Cheesy Nachos w/jalapenos Baked Potatoes, Cheese, Sour Cream, Pinto Beans, Corn &amp; Assorted Fruit</p>	<p><b>30</b></p> <p>Yogurt, Fruit, Juice Cereal or Muffin</p> <p>Chicken Fillet Sandwich Oven Fries, Vegetable Medley Fresh Fruit</p>	<p><b>31</b></p> <p>Ham Biscuit Fruit &amp; Juice</p> <p>Club Sandwich or Wow Butter/PBJ Chips, Carrot Sticks, Banana &amp; Fruit Cup</p>

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