

August '09 Healthy Breakfast** & Lunch Options

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
				Donuts
				Chilled Peaches
				Shrimp Poppers
				Macaroni and Cheese
				Sweet Peas
				Chilled Tropical Fruit
				Wheat Roll
10	11	12	13	14
waffle/sausage	sausage patty, toast	scramble egg/ biscuit	grits/toast	Beignets
				Chilled Mixed Fruit
Red/White Beans	Mexican Pizza	Spaghetti w Meatsauce	Turkey w Gravy and Rice	Chicken Strips
Fluffy Rice		Italian Green Beans	Glazed Carrots	Baked Crinkle Fries
Crisp Tossed Salad or Bro	Buttered Corn	Chilled Mixed Fruit	Crisp Green Salad	Chilled Pineapple
Chilled Pears	Chilled Peaches	Garlic Roll	French Bread	Wheat Roll
Cornbread or Roll	Cinnamon Roll	Yellow Cake	Jell-O	
17	18	19	20	21
French Toast Sticks w syrup, Sausage Links, Chilled Pears	Grilled Ham & Cheese Triangle Chilled Tropical Fruit	Sausage Patty, Biscuit or Bagel, Apple sauce	Scrambled Eggs, Grits Potato Rounds	Donuts Chilled Peaches
Popcorn Chicken Cheesy Mshd Pot Green Peas	Beef Tacos Lettuce/Tomato cup	Meatballs in Red Gravy w Tossed Salad Chilled Pears	Hot Dogs/ Bun Fries Fruit	Fish Strips Macaroni and Cheese Seasoned Green Beans
Sesame Seeded Bread Pudding w Sprinkles	Seasoned Corn Cinnamon Stick	Garlic French Bread Sugar Cookie	Chocolate Cake	Mixed Fruit Wheat Roll
Hamburger w/wo cheese	Pre- Made Salad	Grilled Ham & Cheese	Pre- Mace Salad	
24	25	26	27	28
Pancake Wrapped Sausage w Syr Chilled tropical Fruit	Ham & Cheese Biscuit or Bagel Chilled Pineapple	Scrambled Egg w/wo Cheese English Muffin or Biscuit, Pears	Buttered Grits, Toast with Jelly Chilled Peaches	Beignets Chilled Mixed Fruit
Shepherd's Pie Green Peas	Chicken Taco	Spaghetti w Meatsauce Italian Salad	BBQ Chicken Baked Beans	Pizza Salad
Southern Butter Wheat R Brownie	Lettuce Tomato Cup Seasoned Corn Cinnamon Roll	Chilled Tropical Fruit Garlic Roll	Potatoes in Cheese Sauc French Bread Jell-O	Fruit Cookie
Chicken Patty	Pre- Made Salad	Chicken Strip Basket	Pre- Made Salad	
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Pancake w Syrup, Sausage Link Chilled Peaches				
Red/White Beans Fluffy Rice Tossed Salad Chilled Pears Roll				
Hamburger w/wo cheese				

Check Out Our Website At: www.schoolcafe.org

Note: Menus are subject to change without notice.

Schools with one serving line can have a sandwich entrée only once a week, however it cannot replace a commodity meal.

Sandwiches are served with 2 fruit/vegetables and milk. Choice of milk is offered daily. Breakfast also offers cereal.