

August 2018

George O Barr Elementary Breakfast & Lunch Menu

Monday

Tuesday

Wednesday

Thursday

Friday

DID YOU KNOW?

August in the Northern Hemisphere is similar to February in the Southern Hemisphere.

6

7

8

9

10

- Assorted Cereal
- Bug Bite Graham Crackers
- Fruit

- Turkey & Cheese Sandwich
- Reduced Fat Doritos
- Fruit & Vegetable Choices
- Fruit Cocktail
- Broccoli Florets

13

- Assorted Cereal Bars
- Yogurt
- Mandarin Oranges
- Cook's Choice
- Fruit & Vegetable Choices
- Fruit Choices
- Vegetable Choices

14

- Cinnamon Roll
- String Cheese Stick
- Applesauce
- Soft Taco
- Fruit & Vegetable Choices
- Orange Slices
- Refried Beans
- Shredded Lettuce
- Salsa

15

- Apple Frudel
- Banana
- Sloppy Joe
- Fruit & Vegetable Choices
- Fresh Strawberries
- Carroteenies
- Cucumber Slices

16

- Assorted Cereal
- Yogurt
- Fresh Pineapple Wedge
- Crispy Chicken Sandwich
- Fruit & Vegetable Choices
- Sliced Peaches
- Broccoli Florets
- Corn

17

- Strawberry Mini Pancakes
- Sliced Pears
- Hamburger
- Fruit & Vegetable Choices
- Apple Slices
- Baked French Fries
- Celery Sticks

20

- Assorted Cereal
- Colby Jack Cheese Stick
- Fresh Strawberries
- BBQ Rib Sandwich
- Fruit & Vegetable Choices
- Fresh Pineapple Wedge
- Baked Tater Tots
- Mandarin Oranges

21

- Bacon Scramble Pizza (turkey)
- Grapes
- Meat & Cheese Nachos
- Fruit & Vegetable Choices
- Apple Slices
- Refried Beans
- Salsa

22

- Frosted Strawberry Pop-Tart
- String Cheese Stick
- Banana
- Philly Cheesesteak Sandwich
- Fruit & Vegetable Choices
- Honeydew Wedge
- Chopped Romaine
- Grape Tomatoes
- Pepper Strips

23

- Chocolate Muffin
- Yogurt
- Orange Slices
- Chicken Nuggets
- Dinner Roll
- Fruit & Vegetable Choices
- Watermelon Wedge
- Mashed Potatoes

24

- Mini Cinnamon Rolls
- Sliced Peaches
- Cheese Pizza
- Fruit & Vegetable Choices
- Fruit Choice
- Vegetable Choices
- Green Beans

27

- Maple Mini Pancakes
- Applesauce
- Mini Corn Dogs (turkey)
- Fruit & Vegetable Choices
- Cantaloupe Wedge
- Baked Beans
- Celery Sticks

28

- Mini Breakfast Pizzas
- Sliced Peaches
- Walking Taco
- Fruit & Vegetable Choices
- Apple Slices
- Carroteenies
- Shredded Lettuce

29

- Assorted Cereal
- Bug Bite Graham Crackers
- Banana
- Turkey & Cheese Sandwich
- Reduced Fat Doritos
- Fruit & Vegetable Choices
- Fruit Cocktail
- Broccoli Florets

30

- Breakfast Bites
- Syrup
- Pineapple Tidbits
- Mandarin Orange Chicken
- Fruit & Vegetable Choices
- Sliced Pears
- Vegetable Fried Rice
- Sugar Snap Peas

31

- Assorted Cereal Bars
- Yogurt
- Mandarin Oranges
- Pizza Crunchers
- Fruit & Vegetable Choices
- Mandarin Oranges
- Vegetable Choices
- Corn

Breakfast
Our breakfast includes all items listed plus juice and a choice of milk.

Lunch
Our lunch includes all items listed plus a choice of milk.

Did you know that all of our canned fruit is served in 100% fruit juice or in extra light syrup?

For a color version of this menu and nutrition information, check out the food service department on the district website:
www.silvis34.net

The USDA & SFA prohibit discrimination on the basis of race, color, national origin, sex, age, or disability. The USDA & SFA are an equal opportunity provider & employer.

Menu subject to change without notice

August 2018

Northeast Jr. High Breakfast & Lunch Menu

Monday

Tuesday

Wednesday

Thursday

Friday

DID YOU KNOW?

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6

7

8

9

10

- Maple Mini Pancakes
- Fruit

- Pepperoni French Bread Pizza
- Corn
- Vegetable Choices
- Fruit Choices

13

- Cinnamon Rush Mini French Toast
- Mixed Fruit

- Meatball Sub
- Vegetable Choices
- Fruit Choices

14

- Mini Cinnamon Rolls
- Fresh Strawberries

- Spicy Chicken Fingers Or
- Chicken Bites
- Dinner Roll
- Vegetable Choices
- Fruit Choices

15

- Bacon Scramble Pizza
- Banana

- BBQ Rib Sandwich or
- BBQ Pulled Pork Sandwich
- Baked Tater Tots
- Vegetable Choices
- Fruit Choices

16

- Breakfast Sandwich
- Fresh Berries

- Philly Cheesesteak Sandwich
- Vegetable Choices
- Fruit Choices

17

- Cinnamon Roll
- String Cheese Stick
- Orange Slices

- Cheeseburger
- Baked French Fries
- Vegetable Choices
- Fruit Choices

20

- Mini Cinnamon Rolls
- Fresh Strawberries

- Godfathers Pizza
- Vegetable Choices
- Fruit Choices

21

- Bacon Scramble Pizza
- Grapes

- Meat & Cheese Nachos
- Salsa
- Vegetable Choices
- Fruit Choices

22

- Pop-Tart
- Banana

- Philly Cheesesteak Sandwich or
- BBQ Rib Sandwich
- Baked Tater Tots
- Vegetable Choices
- Fruit Choices

23

- Chocolate Muffin
- Yogurt
- Orange Slices

- Chicken Nuggets
- Dinner Roll
- Mashed Potatoes
- Vegetable Choices
- Fruit Choices

24

- Mini Breakfast Pizzas
- Sliced Peaches

- Hot Dog (turkey)
- BBQ Baked Beans
- Vegetable Choices
- Fruit Choices

27

- Cinnamon Glazed French Toast Sticks
- Syrup
- Applesauce

- Mini Corn Dogs (turkey)
- Baked Beans
- Vegetable Choices
- Fruit Choices

28

- Mini Breakfast Pizzas
- Sliced Peaches

- Walking Taco
- Salsa
- Vegetable Choices
- Fruit Choices

29

- Maple Mini Pancakes
- Banana

- BBQ Pulled Pork Sandwich or
- Meatball Sub
- Baked Waffle Fries
- Vegetable Choices
- Fruit Choices

30

- Breakfast Bites
- Syrup
- Pineapple Tidbits

- Mandarin Orange Chicken
- Vegetable Fried Rice
- Fortune Cookie
- Vegetable Choices
- Fruit Choices

31

- Cherry Frudel
- Mandarin Oranges

- Pizza Crunchers
- Corn
- Vegetable Choices
- Fruit Choices

Breakfast

Our breakfast includes all items listed plus a choice of milk and juice.

Alternate Breakfast Entrees Offered Daily

- Cereal, Cereal Bars, Yogurt, Cheese Sticks, and Graham Crackers

Lunch

Our lunch includes:

- All items listed plus a choice of milk.

Alternate Lunch Entrees Offered Daily

- Deli Sandwiches
- BIG Salads
- Parfaits
- Wraps
- Un crustables

Variety of Fresh Fruit & Vegetables Offered Daily

*Veggies available with reduced calorie ranch

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