

Nix Cafeteria

August 2019

Offered Daily

Salad of the Day

Chef Salad

Low Fat Cottage Cheese

Hamburger on Bun-wg

Peanut Butter & Jelly-wg

Bean & Cheese Burrito-wg

Romaine & Tomato Salad

Fresh Baby Carrots

At least 1 Fresh Fruit Offered daily:

Apples, Oranges, Kiwi, Grapes,
Melon, Seasonal Fruit

3 of the Following Canned Fruit

Choices: Peaches, Pineapple,
Mixed Fruit, Applesauce, Pears,
Mandarin Oranges

Milk: White 1%, Chocolate Non-Fat

Denotes whole grain-wg

Every Lunch Includes:

1. Fruit-1 Cup
2. Vegetable-1 Cup
3. Grain-1 to 2 Ounces
4. Protein-2 to 4 Ounces
5. Dairy-8 Ounces

You may have all 5 categories, but may take as few as 3. One of your 3 to 5 items **MUST** be a fruit or vegetable.

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Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
5	6	7	8	9
12	13	14	15 Variety-Stuffed Crust Pizza-wg Turkey Club-wg Spicy Chicken on Bun-wg Tater Tots Zucchini Salad Bar	16 White Queso Nachos-wg Bacon Cheeseburger-wg Chicken on Bun-wg French Fries California Vegetables Salad & Potato Bar Cookie-wg
19 Domino's Pizza Chicken Club-wg Cheeseburger on Bun-wg Ranchero Beef Tornado-wg Baked Beans Glazed Carrots Salad & Potato Bar	20 Spaghetti & Meatballs-wg Chicken Parmesan BBQ Riblet on Bun-wg Chicken with Cheese on Bun-wg Roasted Potato Wedges Broccoli Salad Bar Dinner Roll-wg	21 Taco in a Bag-wg Pulled Pork on Bun-wg Southwest Chicken Tornado-wg Ham/Cheese on Pretzel Bun-wg Mexican Rice Corn Salad & Potato Bar Cinnamon Roll-wg	22 Toasted Ravioli-wg Spicy Chicken on Bun-wg Turkey Club-wg Macaroni & Cheese-wg Zucchini Salad Bar	23 Bosco Sticks-wg Bacon Cheeseburger-wg Chicken on Bun-wg Tater Tots California Vegetables Salad & Potato Bar Cookie-wg
26 Domino's Pizza Wing Dings-wg Chicken Club-wg Cheeseburger on Bun-wg Ranchero Beef Tornado-wg Baked Beans Glazed Carrots Salad & Potato Bar	27 Chicken Fried Chicken-wg Italian Sub-wg BBQ Burger-wg Chicken with Cheese on Bun-wg Mashed Potatoes Green Beans Salad Bar Biscuit-wg	28 General Tso Chicken-wg Southwest Chicken Tornado-wg Ham/Cheese on Pretzel Bun-wg Pulled Pork on Bun-wg Brown Rice/Au Gratin Potatoes California Vegetables Salad & Potato Bar Brownie-wg	29 Variety-Stuffed Crust Pizza-wg Turkey Club-wg Spicy Chicken on Bun-wg Tater Tots Zucchini Salad Bar	30 NO SCHOOL PROFESSIONAL DEVELOPMENT DAY FOR STAFF

"This institution is an equal opportunity provider."