AUGUST 2022

FLORENCE SCHOOL DISTRICT 3
A PREMIER DISTRICT OF CHOICE

Play, Learn and Grow... Together!

LUNCH

7-8 Grades (DREM)

"This institution is an equal opportunity provider."

Start with breakfast every day to increase metabolism, energy levels and help avoid snacks between meals. Pick something 'grainy' and add protein. Try whole grain toast with eggs or baked beans or banana and peanut butter.

Menus are subject to change based on product availability.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Cheeseburger on WG Bun Baked Beans Apple Crisp Chilled Fruit Cup Fruit Juice	2 Mandarin Orange Chicken Brown Rice Bowl Garlic Bread Stick Pinto Beans Chilled Fruit Cup Assorted Fresh Fruit	3 Chicken Fillet Sandwich Seasoned Oven Fries Whole Kernel Corn Sidekick Assorted Fresh Fruit	4 Charcuterie Tray OR Hot Dog w/Chili Sweet Potato Tots Broccoli Florets w/Ranch Cup Chilled Fruit Cup Assorted Fresh Fruit	5 Turkey & Cheese Wrap OR Sub Sandwich on WG Bun Steamed Carrots Tropical Fruit Pearls Assorted Fresh Fruit
MONDAY	**TUESDAY**	**WEDNESDAY**	**THURSDAY**	**FRIDAY**
8 Spaghetti w/Meat Sauce Garlic Bread Stick Pinto Beans Baby Carrots w/Ranch Cup Chilled Fruit Cup Assorted Fresh Fruit	9 Hot Dog w/Chili Seasoned Potato Fries Corn-on-the-Cob Chilled Fruit Cup Assorted Fresh Fruit	10 BBQ Chicken Seasoned Brown Rice Collard Greens Chilled Fruit Cup Assorted Fresh Fruit	11 Beef-A-Roni Cinnamon Roll Romaine Side Salad Cut Green Beans Chilled Fruit Cup Assorted Fresh Fruit	12 Super Fajita Chicken or Beef Taco Friday OR BBQ Pork on WG Bun Mexicali Corn Chilled Fruit Cup Assorted Fresh Fruit
MONDAY	**TUESDAY**	**WEDNESDAY**	**THURSDAY**	**FRIDAY**
15 Cheeseburger on WG Bun Baked Beans Apple Crisp Chilled Fruit Cup Fruit Juice	16 Mandarin Orange Chicken Brown Rice Bowl Garlic Bread Stick Pinto Beans Chilled Fruit Cup Assorted Fresh Fruit	17 Chicken Fillet Sandwich Seasoned Oven Fries Whole Kernel Corn Sidekick Assorted Fresh Fruit	18 Charcuterie Tray OR Hot Dog w/Chili Sweet Potato Tots Broccoli Florets w/Ranch Cup Chilled Fruit Cup Assorted Fresh Fruit	19 Turkey & Cheese Wrap OR Sub Sandwich on WG Bun Steamed Carrots Tropical Fruit Pearls Assorted Fresh Fruit
MONDAY	**TUESDAY**	**WEDNESDAY**	**THURSDAY**	**FRIDAY**
22 Spaghetti w/Meat Sauce Garlic Bread Stick Pinto Beans Baby Carrots w/Ranch Cup Chilled Fruit Cup Assorted Fresh Fruit	23 Hot Dog w/Chili Seasoned Potato Fries Corn-on-the-Cob Chilled Fruit Cup Assorted Fresh Fruit	24 Chicken Pilau Yeast Roll Field Peas Steamed Broccoli Chilled Fruit Cup Assorted Fresh Fruit	25 Beef-A-Roni Cinnamon Roll Romaine Side Salad Cut Green Beans Chilled Fruit Cup Assorted Fresh Fruit	26 Super Fajita Chicken or Beef Taco Friday OR BBQ Pork on WG Bun Mexicali Corn Chilled Fruit Cup Assorted Fresh Fruit
MONDAY	**TUESDAY**	**WEDNESDAY**	**THURSDAY**	**FRIDAY**
29 Cheeseburger on WG Bun Baked Beans Apple Crisp Chilled Fruit Cup Fruit Juice	30 Mandarin Orange Chicken Brown Rice Bowl Garlic Bread Stick Pinto Beans Chilled Fruit Cup Assorted Fresh Fruit	31 Chicken Fillet Sandwich Seasoned Oven Fries Whole Kernel Corn Sidekick Assorted Fresh Fruit		Milk Choices Daily: Low Fat White, Fat Free White, Fat Free Chocolate **Alternate Entrée**: Chef Salad *or* Peanut Butter & Jelly Uncrustable with Cheese Stick & WG Crackers *or* Pizza *or* Grab n Go Pack (Turkey, Ham & Cheese on Hawaiian Bun with tortilla chips, cheese stick & rice krispy treat)---all entrees with choice of vegetable and/or fruit. **Adult Meal Price: $4.81**