# AUGUST 2026

FLORENCE 3 SCHOOL DISTRICT
A PREMIER DISTRICT OF CHOICE

# LUNCH

## 9-12 Grades (LCH)

"This institution is an equal opportunity provider."

**Adult Lunch Price: $5.75**

### Nutritional Tips…

**SIZE MATTERS - Keeping an eye on portion size is key to maintaining a healthy weight. Avoid supersized portions. Use a smaller plate, bowl and glass. Stop eating when you are satisfied, not full.**

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| 3<br>Chicken Chunks<br>Chicken Sandwich on WG Bun<br>Macaroni and Cheese<br>Yeast Roll<br>Baby Carrots w/Ranch Dip<br>Fruit Juice<br>Assorted Fresh Fruit | 4<br>Spaghetti w/Meat Sauce<br>Smart Mouth Pizza<br>WG Cinnamon Roll<br>Cut Green Beans<br>Steamed Broccoli<br>Applesauce Cup<br>Assorted Fresh Fruit | 5<br>Mandarin Orange Chicken<br>Corn Dog<br>Seasoned Brown Rice<br>Steamed Cabbage<br>Pinto Beans<br>Fruit Juice<br>Assorted Fresh Fruit | 6<br>Chicken Sandwich on WG Bun<br>Smart Mouth Pizza<br>Baked Beans<br>Garden Salad w/Choice of Dressing<br>*Local Vegetable Pick of the Week*<br>*Seasoned Yellow Squash*<br>Cool Tropic<br>Assorted Fresh Fruit | 7<br>Hot Dog w/Chili<br>Smart Mouth Pizza<br>Seasoned Potato Sticks<br>Baby Carrots w/Ranch Dip<br>Fruit Juice<br>Assorted Fresh Fruit |
| 10<br>Chicken Pileau<br>Chicken Sandwich on WG Bun<br>Yeast Roll<br>Green Peas<br>Pinto Beans<br>Chilled Peach Cup<br>Assorted Fresh Fruit | 11<br>Nachos w/Chili & Cheese<br>Smart Mouth Pizza<br>WG Chocolate Chip Min Cookies<br>Glazed Carrots<br>Cut Green Beans<br>Chilled Fruit Cup<br>Assorted Fresh Fruit | 12<br>Baked Chicken<br>Corn Dog<br>Savory Rice Pilaf<br>Black-Eyed Peas<br>Garden Salad w/Choice of Dressing<br>Fruit Juice<br>Assorted Fresh Fruit | 13<br>Corn Dog<br>Smart Mouth Pizza<br>Mexicali Corn<br>Garden Salad w/Choice of Dressing<br>Sweet Potato Yams<br>Froot Jooce<br>Assorted Fresh Fruit | 14<br>Beef-A-Roni<br>Smart Mouth Pizza<br>Yeast Roll<br>Steamed Cabbage<br>Steamed Broccoli<br>Chilled Fruit Cup<br>Assorted Fresh Fruit |
| 17<br>Cheeseburger on WG Bun<br>Chicken Sandwich on WG Bun<br>Sweet Potato Tots<br>Whole Kernel Corn<br>Applesauce Cup<br>Assorted Fresh Fruit | 18<br>Chicken Alfredo<br>Smart Mouth Pizza<br>Garlic Dinner Roll<br>Glazed Carrots<br>Garden Salad w/Choice of Dressing<br>Fruit Juice<br>Assorted Fresh Fruit | 19<br>Meat Loaf w/Gravy<br>Corn Dog<br>Seasoned Brown Rice<br>Collard Greens<br>Pinto Beans<br>Fruit Juice<br>Assorted Fresh Fruit | 20<br>Corn Dog Nuggets or Corn Dog<br>Smart Mouth Pizza<br>Seasoned Potato Sticks<br>Baby Carrots w/Ranch Dip<br>*Local Vegetable Pick of the Week*<br>*Steamed Zucchini*<br>Froot Jooce<br>Assorted Fresh Fruit | 21<br>Chicken Sandwich on WG Bun<br>Smart Mouth Pizza<br>Mexicali Corn<br>Garden Salad w/Choice of Dressing<br>Sidekick<br>Assorted Fresh Fruit |
| 24<br>Chicken Chunks<br>Chicken Sandwich on WG Bun<br>Macaroni and Cheese<br>Yeast Roll<br>Baby Carrots w/Ranch Dip<br>Fruit Juice<br>Assorted Fresh Fruit | 25<br>Spaghetti w/Meat Sauce<br>Smart Mouth Pizza<br>WG Cinnamon Roll<br>Cut Green Beans<br>Steamed Broccoli<br>Applesauce Cup<br>Assorted Fresh Fruit | 26<br>Mandarin Orange Chicken<br>Corn Dog<br>Seasoned Brown Rice<br>Steamed Cabbage<br>Pinto Beans<br>Fruit Juice<br>Assorted Fresh Fruit | 27<br>Chicken Sandwich on WG Bun<br>Smart Mouth Pizza<br>Baked Beans<br>Garden Salad w/Choice of Dressing<br>*Local Vegetable Pick of the Week*<br>*Seasoned Yellow Squash*<br>Cool Tropic<br>Assorted Fresh Fruit | 28<br>Hot Dog w/Chili<br>Smart Mouth Pizza<br>Seasoned Potato Sticks<br>Baby Carrots w/Ranch Dip<br>Fruit Juice<br>Assorted Fresh Fruit |
| 31<br>Chicken Pileau<br>Chicken Sandwich on WG Bun<br>Yeast Roll<br>Green Peas<br>Pinto Beans<br>Chilled Peach Cup<br>Assorted Fresh Fruit | | | | **Alternate Entrée**: Chef Salad **or** Peanut Butter & Jelly Uncrustable w/Cheese Stick & WG Crackers **or** Pizza offering on Tuesdays, Thursdays and Fridays----all entrees with choice of vegetable and/or fruit.<br>**Milk Choices Daily**: Low-Fat White, Fat-Free White, Fat-Free Chocolate, Fat-Free Strawberry |

Menus are subject to change based on product availability.

Adult Meal Price: