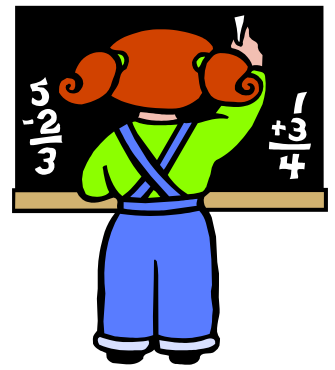




The School District of Palm Beach County, Florida

[www.palmbeachschools.org/sfs](http://www.palmbeachschools.org/sfs)

# August 2012



## Elementary Lunch Menu

Parents are encouraged to prepay online for students meals. The link is provided on our website.

Monday

Tuesday



Wednesday

Thursday

Friday

### Grains • Meats • Fruits • Vegetables • Milk

For lunch, students may select three, four, or all five of the above food groups to complete their meal. *At least* one of these choices **must** be from the fruit or vegetable group

20 Grilled Chicken Sandwich Pizza Muffin Platter Green Beans 	21 Penne Pasta & Meat Sauce Grilled Cheese Sandwich PB&J & Cheese Stick Steamed Broccoli Florets	22 Chicken Tenders w/Brown Rice Cheesy Burrito Muffin Platter Black Beans	23 Turkey Roast w/Roll Gravy Corndog Mini Mandarin Chicken Salad PB&J & Cheese Stick Mashed Potatoes	24 <i>Fresh From The Farm</i> Grilled Fajita Fish w/Brown Rice Cheeseburger/ Hamburger Muffin Platter <b>Corn-on-the-Cob</b>
27 Chicken Nuggets w/Roll Cheesy Burrito Petit Parfait Combo Potato Sticks	28 Traditional or Fiesta Beefaroni w/Roll Hot Dog PB&J & Cheese Stick Winter Blend Garden Salad	29 Oven Roasted Chicken w/ Brown rice Vegetarian Chili w/Corn Chips Muffin Platter Spinach w/Cheese	30 Meatloaf w/Roll Gravy Grilled Chicken Sandwich PB&J & Cheese Stick Mashed Potatoes	31 <i>Fresh From The Farm</i> Teriyaki Chicken w/Rice Fiesta Pizza Muffin Platter <b>Green Beans</b> 

For a complete meal, students may select **one entrée** (which may include a **GRAIN/BREAD & MEAT/MEAT ALTERNATE**), a **CHOICE OF MILK**, and **two different FRUIT/VEGETABLES (STUDENTS ARE REQUIRED TO TAKE ONE FRUIT OR ONE VEGETABLE)**. Each day: **WHOLE GRAIN BREAD PRODUCTS, (2) FRESH FRUITS, (2) CUPPED FRUITS, (2) SALAD CUPS, 100% FRUIT JUICE**, and a **CHOICE OF MILK** are offered

Menu is subject to changes.

In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, D.C. 0250-9410 or call toll free (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.

### The OrganWise Guys Foods of The Month For August

#### Summer Squash & Stone Fruits

