



August Elementary Lunch



Students must take 3 of the 5 components offered and a minimum of a half cup of fruit and/or vegetable.

All meals are served with 1% white milk or non-fat chocolate milk.

Contains:

Beef (B)
Chicken (C)
Halal (H)
Pork (P)
Turkey (T)

Monday	Tuesday	Wednesday	Thursday	Friday
4	5	6	7 Chicken Patty (C) on a Bun Yogurt Parfait with Fruit and Granola	8 Mini Cheeseburgers (B) Cheese Ravioli in Marinara Sauce
<i>Offered Daily: Bean & Cheese Dip with Tortilla Chips</i>				
11 Hot Dog (B, H) on a Bun Three Bean Chili with Tortilla Chips	12 Orange Chicken (C) over Brown Rice Mozzarella Bites w/ Marinara Cup	13 Chicken Nuggets (C) with Crackers Vegan Kickin' Tenders with Crackers	14 Tikka Masala Chicken (C) with Rice and Naan Bread Cheese Pizza	15 Pork Rib-B-Q (P) on a Bun Mac & Cheese with a Dinner Roll
18 Chicken Drumstick (C) with a Waffle Veggie Dumplings	19 Beef and Cheese Taco (B) Black Bean and Cheese Taco	20 Pepperoni Pizza (T) Chana Masala with Rice and Naan Bread	21 Chicken Patty (C) on a Bun Yogurt Parfait with Fruit and Granola	22 Mini Cheeseburgers (B) Cheese Ravioli in Marinara Sauce
25 Hot Dog (B, H) on a Bun Three Bean Chili with Tortilla Chips	26 Orange Chicken (C) over Brown Rice Mozzarella Bites w/ Marinara Cup	27 Chicken Nuggets (C) with Crackers Vegan Kickin' Tenders with Crackers	28 Tikka Masala Chicken (C) with Rice and Naan Bread Cheese Pizza	29 Pork Rib-B-Q (P) on a Bun Mac & Cheese with a Dinner Roll

Menu Subject to Change Based on Product Availability

One lunch is NO COST for all students

Lunch includes an entrée, one trip to the garden bar and milk

PLEASE NOTE: FCUSD Food Services requests that eligible families complete a school meals application on-line. Please visit the Food Services Dept website via the FCUSD homepage for the online application, federal income eligibility guidelines, application instructions and Frequently Asked Questions: www.fcusd.org (On the FCUSD home page, click on Food & Nutrition)

This institution is an equal opportunity provider.
FOLSOM CORDOVA UNIFIED SCHOOL DISTRICT