



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
<i>Offered Daily: Sunbutter® and Jelly Sandwich Meal</i>			6 Taco Nada Bites (T) Vegan Green Chile Tamale	7 Pepperoni Pizza (T) Yogurt, Muffin, String Cheese with Granola
10 Hot Dog (B, H) on a Bun Taco Bean & Veggie Crisp Up	11 Chicken Drumstick (C) and a Waffle Vegan Kickin® Tenders and a Waffle	12 Orange Chicken (C) with Rice Garlic Pull-Aparts with Marinara Dip	13 Mini Cheeseburgers (B) Bean & Cheese Chalupa	14 Teriyaki Boneless Wings (C) with Cornbread Stars Yogurt, Muffin, String Cheese with Granola
17 Coconut Curry Chicken (C) with Rice and Naan Bread Cheese Pizza	18 Chicken Patty (C) on a Bun Black Bean Burger on a Bun	19 Rotini Pasta with Meat Sauce (B) and a Garlic Knot Grilled Cheese Sandwich	20 Taco Nada Bites (T) Vegan Green Chile Tamale	21 Pepperoni Pizza (T) Yogurt, Muffin, String Cheese with Granola
24 Hot Dog (B, H) on a Bun Taco Bean & Veggie Crisp Up	25 Chicken Drumstick (C) and a Waffle Vegan Kickin® Tenders and a Waffle	26 Orange Chicken (C) with Rice Garlic Pull-Aparts with Marinara Dip	27 Mini Cheeseburgers (B) Bean & Cheese Chalupa	28 Teriyaki Boneless Wings (C) with Cornbread Stars Yogurt, Muffin, String Cheese with Granola
31 Coconut Curry Chicken (C) with Rice and Naan Bread Cheese Pizza	Sept 1	Sept 2	Sept 3	Sept 4



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 online. Please visit the Food Services Dept website for the online application, federal income eligibility guidelines, application instructions and Frequently Asked Questions: www.fcusd.org (On the FCUSD website, click on Departments, then Food Services)

This institution is an equal opportunity provider.

FOLSOM CORDOVA UNIFIED SCHOOL DISTRICT