

Welcome Back August

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
21 Cheese Pizza or PB&J Sandwich Sweet Corn Apple Slices	22 Pork Carnitas w/ Flour Tortillas Pinto Beans Pear	23 Chicken Nuggets or Peach Parfait Cheez-it Crackers Garden Salad Apple Slices	24 Chicken Alfredo w/ Bread Roll or PB&J Sandwich Green Beans Plum	25 Chicken Drumstick w/ Mashed Potato & Gravy Corn Bread or Turkey Pinwheel Orange	Cal 575 T.Fat 18.66 G Sodm 878.66 Mg

28 Boneless Chicken Wings w/ Bread Roll or Turkey Sandwich Roasted Potato Apple Slices	29 Chicken Taquitos Or Strawberry Parfait Pinto Beans Orange	30 Chili Con Carne or Turkey Lunch Kit Corn Bread Green Beans Apple	31 Cheeseburger or PB&J Sandwich Garden Salad Pear	Cal 603 T.Fat 16.91 G Sodm 956.32 Mg
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All Lunches included a choice of:

- ◆ Choice of Hot or Cold Entree
- ◆ 1% White or Nonfat Chocolate Milk
- ◆ 100% Fruit Juice Selection
- ◆ Fresh Fruit & Vegetable

TARGET NUMBERS

for K-5
Cal: 550-850
Sat. Fat: <10%
Sodium: < 935 mg
no trans fat in our menu items

FREE Lunch

for ALL SGUSD Students!

SGUSD WE RESERVE THE RIGHT TO SUBSTITUTE ANY ITEMS
ALL MEALS MEET THE WHOLE GRAIN REQUIREMENT
THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER