

AUGUST



Lunch



Muroc JUSD Jr.-Sr. High School Lunch

C3S - Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
PEPPERONI PIZZA WEDGE ^ DELI SUB SANDWICH ^ SunSet Sip Juice Diced Peaches Salad Bar Selections Choice of Milk	TURKEY HAM & CHEESE PANINI ^ CRISPY CHICKEN FILLET Hamburger Bun ^ CHEESE PIZZA WEDGE ^ Pineapple Tidbits Salad Bar Selections Choice of Milk	HAMBURGER Hamburger Bun ^ HOT DOG Hot Dog Bun ^ CHICKEN NUGGETS Fresh Banana* Cheddar Sun Chips ^ Salad Bar Selections Fresh Spinach Leaves Garden Green Peas Fresh Zucchini Coins Choice of Milk	POPCORN CHICKEN TACO MEAT Tortilla Rounds ^ MAC & CHEESE ^ Fresh Apple* Vanilla Cookie ^ Salad Bar Selections Black Beans Choice of Milk	PANCAKES & SAUSAGE ^ Syrup CHICKEN TENDERS Breadstick (IW)^ SAUSAGE PIZZA WEDGE ^ Fresh Orange* Mixed Fruit Cup Salad Bar Selections Choice of Milk
27	28	29	30	31
MINI CORN DOGS CHEESE PIZZA WEDGE ^ Orange Sorbet 100% Juice Diced Pears Chocolate Cookie ^ Salad Bar Selections Choice of Milk	HAMBURGER Hamburger Bun ^ CHICKEN TENDERS Breadstick (IW)^ PEPPERONI PIZZA WEDGE ^ Mixed Fruit Cup Cherry Craisins Salad Bar Selections Choice of Milk	PIZZA DIPPERS ^ Marinara Dipping Sauce TURKEY HAM & CHEESE SANDWICH ^ SunSet Sip Juice BEAN & CHEESE BURRITO ^ Salsa Cup Diced Peaches Fresh Orange* Salad Bar Selections Green Pepper Slices Choice of Milk	SPICY CHICKEN FILLET Hamburger Bun ^ SAUSAGE PIZZA WEDGE ^ PANCAKES & SAUSAGE ^ Syrup Fresh Apple* Salad Bar Selections Fresh Spinach Leaves Fresh Grape Tomatoes Choice of Milk	TACO MEAT Soft Tortilla ^ HOT DOG Hot Dog Bun ^ POPCORN CHICKEN Fresh Pear* Pineapple Tidbits Tortilla Rounds ^ Salad Bar Selections Black Beans Corn Choice of Milk

ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK. ** MENU SUBJECT TO CHANGE **

^ Denotes item is whole-grain/whole wheat

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