

AUGUST



Muroc JUSD Jr.-Sr. High School Lunch

C3S - Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
POPCORN CHICKEN CHEESE PIZZA WEDGE ^ Mixed Fruit Cup Fruit Punch Juice Vanilla Cookie ^	RANCH TURKEY BURGER Chipotle Ranch CRISPY CHICKEN FILLET Hamburger Bun ^ GRILLED CHEESE SANDWICH ^ Potato Rounds Applesauce Cup Orange-Tangerine Juice	MAC & CHEESE ^ HOT DOG Hot Dog Bun ^ TURKEY HAM & CHEESE PANINI ^ Diced Carrots Fresh Banana* Grape Juice Multi Grain Sun Chips ^	SLOPPY JOE Hamburger Bun ^ CHICKEN DIPPERS Salsa Cup MINI CHEESE RAVIOLI WITH SAUCE ^ Breadstick (IW)^ Fresh Apple* Salad Bar Selections Black Beans	PIZZA DIPPERS ^ Marinara Dipping Sauce HAMBURGER Hamburger Bun ^ PEPPERONI PIZZA WEDGE ^ Fresh Pear* Apple Juice Salad Bar Selections
26	27	28	29	30
CHICKEN TENDERS Breadstick (IW)^ CHEESE PIZZA WEDGE ^ Orange-Tangerine Juice Applesauce Cup Salad Bar Selections Green Pepper Slices	RIB-B-QUE SPICY CHICKEN FILLET Hamburger Bun ^ BEAN & CHEESE BURRITO ^ Diced Peaches Grape Juice Salad Bar Selections Fresh Spinach Leaves Fresh Grape Tomatoes	MEATLOAF PANINI ^ HOT DOG Hot Dog Bun ^ GRILLED CHEESE PANINI ^ Diced Pears Apple Juice Chocolate Cookie ^ Salad Bar Selections Croutons ^	TACO MEAT Tortilla Rounds ^ CHICKEN NUGGETS PEPPERONI PIZZA WEDGE ^ Fresh Apple* Chocolate Cookie ^ Salad Bar Selections	BAGEL DOG ^ HAMBURGER Hamburger Bun ^ TURKEY HAM & CHEESE SANDWICH ^ Fresh Banana* Fruit Punch Juice Salad Bar Selections Black Beans Corn Pickle Chips

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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