

# August 2019

## TURQUOISE TRAILS



Your school cafeteria is managed by Canteen. We are an equal opportunity employer.



**School Information:** Breakfast is served with fresh fruit daily. All lunch meals are served with a salad bar and your choice of low-fat flavored or white milk. We use whole grain products, which are baked daily.



**Nutrition Tip:** August is Family Meals Month! Family meals around the table provide an opportunity to spend time together. Make time for family meals when planning your household's schedule each week. Try to cook, eat up, and clean up together!



Reference: USDA MyPlate

### Monday



### Tuesday



### Wednesday

### Thursday

### Friday

5

6

7

8

9

ZUCCHINI BREAD  
FRITO PIE  
CORN  
MANDARIN ORANGE  
STRAWBERRY CHEX MIX

12

CREAM OF WHEAT TOAST, 1 SLICE  
SPAGHETTI AND MEAT SAUCE  
BROCCOLI  
CINNAMON APPLE SLICES  
GARLIC BREAD STICKS

13

BISCUIT & SAUSAGE SANDWICH  
MAX CHEESE STICKS  
MARINARA SAUCE  
SWEET POTATOE FRIES  
HONEYDEW

14

BLUEBERRY MUFFIN  
ORANGE CHICKEN  
MIXED VEGETABLES  
APPLES  
DINNER ROLL

15

CINNI MINIS  
QUESADILLA  
PINTO BEANS  
PEARS

16

NUTRI GRAIN YOGURT  
SLOPPY JOE ON A ROLL  
GREEN BEANS  
PEARS

19

CHEESE OMLETTE  
TORTILLA  
CHICKEN NUGGETS  
TATER TOTS  
CANTALOUPE  
DINNER ROLL

20

BREAKFAST COMBO BAR  
TORTILLA  
LASAGNA W/MEAT SAUCE  
BROCCOLI  
HONEYDEW  
GARLIC BREAD STICKS

21

BANANA BREAD  
NACHOS SUPREME  
BAKED BEANS  
PEACHES  
GOLDFISH CRACKERS

22

BREAKFAST BOSCO STICKS  
PIZZA PAPA JOHNS  
CARROTS FROZEN  
PINEAPPLE CHUNKS  
RICE KRISPIES TREATS

23

SAUSAGE PATTIE  
TORTILLA  
CORNDOG, TURKEY  
MIXED VEGETABLES  
MIXED FRUIT

26

NUTRI GRAIN YOGURT  
FRENCH TOAST STICKS  
SAUSAGE PATTIE  
HASH BROWNS  
FRESH FRUIT

27

COLD CEREAL, VARIETY  
TOAST, 1 SLICE  
FIESTA BURRITO  
BROCCOLI  
CANTALOUPE

28

BREAKFAST PIZZA  
CHICKEN TAQUITOS  
TAMALES  
PINTO BEANS  
MIXED FRUIT

29

CHEESE QUESADILLA  
TURKEY AND CHEESE WRAP  
CARROTS FROZEN  
PINEAPPLE CHUNKS

30