

# August 2019

## CUBA



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



5

### Tuesday



6

### Wednesday

7

### Thursday

1

### Friday

2

ZUCCHINI BREAD  
**CHICKEN TAQUITOS**  
CORN  
MANDARIN ORANGES  
**FRITO PIE**  
STRAWBERRY CHEX MIX

12

CREAM OF WHEAT / TOAST  
**SPAGHETTI & MEAT SAUCE**  
BROCCOLI  
CINNAMON APPLE SLICES  
**CHICKEN PARMESAN**  
GARLIC BREADSTICKS

13

BISCUIT & SAUSAGE SANDWICH  
**MAX CHEESE STICKS / MARINARA**  
SWEET POTATO FRIES  
HONEYDEW MELON  
**COUNTRY FRIED STEAK**  
COUNTRY GRAVY / DINNER ROLL

14

BLUEBERRY MUFFIN  
**ORANGE CHICKEN**  
MIXED VEGETABLES  
APPLES  
**SALISBURY STEAK**  
DINNER ROLL

15

CINNI MINIS  
**QUESADILLA**  
PINTO BEANS  
PEARS  
**BEEF TACOS (HARD SHELL)**  
TORTILLA

16

NUTRIGRAIN BAR  
YOGURT  
**SLOPPY JOE ON A ROLL**  
GREEN BEANS  
PEARS  
**CHICKEN FAJITAS**

19

MINI WAFFLE EGGO BITES  
**MEATBALL SUB SANDWICH**  
TATER TOTS  
CANTALOUPE  
**CHICKEN NUGGETS**  
DINNER ROLL

20

BREAKFAST COMBO BAR  
TORTILLA  
**BBQ CHICKEN ON A BUN**  
BROCCOLI  
HONEYDEW MELON  
**LASAGNA WITH MEAT SAUCE**  
GARLIC BREADSTICKS

21

BANANA BREAD  
**MINI BURGERS**  
BAKED BEANS  
PEACHES  
**NACHOS SUPREME**  
GOLDFISH CRACKERS

22

BREAKFAST BOSCO STICKS  
FRESH FRUIT  
**PIZZA**  
CARROTS  
PINEAPPLE CHUNKS  
RICE KRISPIES TREATS

23

SAUSAGE PATTIE  
TORTILLA  
**CORN DOG**  
MIXED VEGETABLES  
MIXED FRUIT  
**RAVIOLI, BEEF**  
DINNER ROLL

26

NUTRIGRAIN BAR/YOGURT  
**FRENCH TOAST STICKS**  
SAUSAGE PATTIE  
HASH BROWNS  
FRESH FRUIT  
**CHICKEN PATTIE ON A BUN**

27

COLD CEREAL, VARIETY  
TOAST, 1 SLICE  
**BBQ RIBETTE**  
BROCCOLI  
CANTALOUPE  
**FIESTA BURRITO**

28

BREAKFAST PIZZA  
**CHICKEN TAQUITOS**  
**TAMALES**  
PINTO BEANS  
MIXED FRUIT

29

CHEESE QUESADILLA  
**TURKEY AND CHEESE WRAP**  
CARROTS  
PINEAPPLE CHUNKS  
**CHICKEN NUGGETS**  
DINNER ROLL

30