

Menus for August 2013

**William Marvin
Bass Elementary
School**



Thursday, August 1

Breakfast

Flapstick; Fruit of Choice

Lunch

Crispy Pork Chop / WG Bun
Or Cold Cuts w/cheese
/ WG Bun
Fresh Baked Sweet Potato
Broccoli w/cheese
Assorted Fruit Choices
WG Choc. Chip Cookie

Friday, August 2

Breakfast

Yogurt; Grahams; Raisins

Lunch

Spaghetti w/ Meat Sauce
Or Turkey & Cheese
/ WG Bun
Side Salad w/dressing
Assorted Fruit Choices
WG Toasted Garlic Bread

Monday, August 5

Breakfast

Flapstick; Fruit of Choice

Lunch

Steak & Cheese/ WG Bun
Or
Spicy BBQ Ribs/ WG Bun
Cheesy Pintos
Fresh Cucumber
Wheels with Ranch Dip
Assorted Fruit Choices

Tuesday, August 6

Breakfast

Cereal & Grahams
1/2 Fresh Banana

Lunch

Oven Roasted Chicken
Or Sliced Ham
Creamy Mashed Potatoes
Fresh Carrots with
orange glaze
Assorted Fruit Choices
Fresh Baked Wheat Roll

Wednesday, August 7

Breakfast

Steak Biscuit

Lunch

Assorted Wedge Pizza
Or Deli Sandwich
Garden Salad w/ extra
Carrots & Cherry Tomatoes
Fresh Fzn. Mixed
Vegetables
Assorted Fruit Choices

Thursday, August 8

Breakfast

Cereal & Grahams
Fruit of Choice

Lunch

Chicken Fajita with
Brown Rice or
Spicy Cuban Turkey
Strips w/ Brown Rice
Broccoli w/ cheese
Assorted Fruit Choices
WG Choc Chip Cookie

Friday, August 9

Breakfast

Turkey Bacon Cheese
Toast; Fruit Cup

Lunch

Local 100% Fresh Beef
Cheeseburger / WG Bun
Or Pork Chop/ WG Bun
Crisp Potato Wedges
Assorted Fruit Choices

MENU FACTS:



Choice of milk served with all complete meals: Skim
milk & 1% white and flavored milk

100% Fruit Juice is served with every Breakfast



"Offer vs. Serve" - Students may decline one
item for breakfast and one or two items for lunch if they
choose.

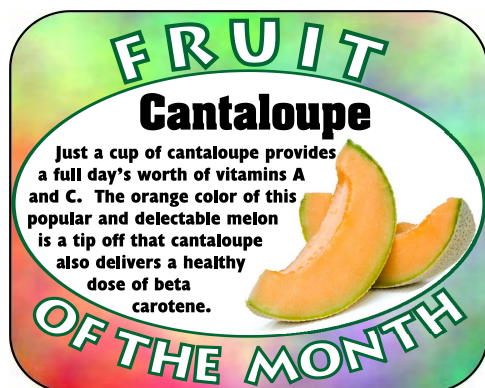
Prices remain the same whether the full meal is chosen
or an item is declined.

Please check with your cafeteria manager or the School
Nutrition Office if your child has any dietary concerns.

Menus are subject to change without notice.

WG = Whole Grains

School Meals
We serve education every day™



Monday, August 12

Breakfast

Egg & Cheese Quesadilla;
Applesauce Cup

Lunch

Hot Dog / WG Bun
With/without Chili or
Beef Meatballs w/cheese
/ WG Hot Dog Bun
Home-style Baked Beans
Crunchy Cole Slaw
Assorted Fruit Choices

Tuesday, August 13

Breakfast

Cereal & Grahams
1/2 Fresh Banana

Lunch

Shark Chicken Nuggets
or Sliced Ham
Mashed Potatoes
Seasoned Green Beans
Assorted Fruit Choices
Wheat Roll

Wednesday, August 14

Breakfast

Chicken Biscuit

Lunch

Assorted Wedge Pizza
or PBJ on WG Bread
Romaine Salad w/
Carrots & Cherry
Tomatoes
Hot Vegetable of Choice
Assorted Fruit Choices

Thursday, August 15

Breakfast

Maple Glazed French
Toast Sticks;
Fruit of Choice

Lunch

Beef Taco/ soft shell
w/ shr. Cheese or
Turkey & Cheese Roll-up
Golden Corn
Fresh Baby Carrots
With Ranch dip
Assorted Fruit Choices


Friday, August 16

Breakfast

Yogurt; Grahams; Raisins

Lunch

Fish Fillet / WG Bun or
Fresh Made Chicken
Salad / WG Bun
Fresh Baked Potato
California Blend Veggies
Assorted Fruit Choices

Monday, August 19 Teacher Work Day Students do not Attend 	Tuesday, August 20 <u>Breakfast</u> Cereal & Grahams <u>Lunch</u> Popcorn Chicken Or Sliced Ham Cinnamon Sweet Potatoes Green Peas Assorted Fruit Choices Fresh Baked Wheat Roll	Wednesday, August 21 <u>Breakfast</u> Canadian "Turkey Ham" & Cheese on Roll <u>Lunch</u> Flatbread Pepperoni Pizza; Cheese Pizza Or Deli Sandwich Romaine Salad w/ extra Carrots & Cherry Tomatoes Fresh Fzn. Mixed Vegetables Assorted Fruit Choices	Thursday, August 22 <u>Breakfast</u> WG Muffin; Cheese Stick <u>Brunch for Lunch</u> Cheesy Scrambled Eggs Turkey Sausage Link Crisp Potato Coins Fresh Baked Apples "Buttered" Toast	Friday, August 23 <u>Breakfast</u> Cereal & Grahams <u>Lunch</u> Pork Chop/ WG Bun or Turkey & Cheese/ WG Bun Cheesy Pintos Fresh Cucumber Wheels w/ ranch dip Assorted Fruit Choices
Monday, August 26 <u>Breakfast</u> Cinnamon French Toast	Tuesday, August 27 <u>Breakfast</u> Cereal & Grahams	Wednesday, August 28 <u>Breakfast</u> Chicken Biscuit	Thursday, August 29 <u>Breakfast</u> Flapstick; Fruit of Choice	Friday, August 30 <u>Breakfast</u> Yogurt; Grahams
INTERSESSION WEEK: AUGUST 26—30, 2013 <i>Early Dismissal</i>				
<u>Lunch</u> Hot Dog / WG Bun Home-style Baked Beans Fruit of Choice	<u>Lunch</u> Chicken Nuggets Broccoli w/ cheese Fruit of Choice Bakery Dinner Roll	<u>Lunch</u> PBJ on WG Bread Fresh Carrots & Cherry Tomatoes w/ dip Fruit of Choice Pack of Grahams	<u>Lunch</u> Honey BBQ Rib/ WGBun Golden Corn Fruit of Choice	<u>Lunch</u> Chicken Fillet / WG Bun Fresh Baby Carrots With ranch dip Fruit of Choice

mySchoolBucks®

www.myschoolbucks.com

You may view your child's account balance and obtain a 30 day print out of your child's activity at no cost. You may also add to your child's meal account via a credit card for a small on-line fee.

Easy, Smart, Secure

**Questions?
Call 434-515-5062**




Kids excel in school when they eat well. That's what we're here for, and that's why we try to offer our families a great value. Make sure your child eats a school breakfast each school day.

If your children are approved for free school lunch, they also receive free school breakfast. If they are approved for reduced price lunch, they may receive school breakfast each day at no cost.



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First things First



BREAKFAST @SCHOOL

For first-class learning!

Featuring Healthy Fruits & Grains!