

Elementary & K-8

Aug 26-30

ONE-TABLE



Comfort Kitchen



Corner Deli



From the Garden

OFFERED DAILY

Non fat white milk
Low-fat 1% white milk

DRESSINGS

Italian, Ranch, Ketchup, Mayo, Mustard

Monday 26	Tuesday 27	Wednesday 28	Thursday 29	Friday 30
Chicken Drumstick w/Brown Rice Veggie Burger (v) Green Peas Sweet Potato Fries Burger Toppings	Turkey Tacos al Pastor w/Avocado Crema Grilled Cheese Sandwich (v) Black Bean & Corn Salad Crinkle Cut Fries	Cheeseburger Chile Relleno Burrito (v) Roasted Broccoli & Carrots Baked Plantains	Breaded Chicken Drumstick w/Mac & Cheese Pasta & Colorful Marinara w/Garlic Knot (v) Citrus Carrots Collard Greens	BBQ Chicken Sandwich Cheese Pizza (v) Roasted Broccoli & Red Peppers Roasted Butternut Squash
Deli Bento Box	Chef Salad w/Hard Boiled Egg and Garlic Knot (v)	Chicken Caesar Salad w/ Breadstick	Sunbutter & Jelly Sandwich (ve)	Turkey & Cheese Sub
Apple Slices Fresh Peach Cucumber Salad Super Salad	Orange Slices Apple Slices Caesar Side Salad Sliced Bell Pepper	Frozen Blueberries Pineapple Tidbits Super Salad Baby Carrots	Banana Fresh Pear Caesar Side Salad Celery Sticks	Whole Apple Red Seedless Grapes Super Salad Chilled Peas

All grain products are whole grain rich.

(v) denotes vegetarian choices (includes milk and eggs) and (ve) denotes vegan choices. Locally Sourced items offered daily. This menu is subject to change and based upon product availability.

This institution is an equal opportunity provider. Additional nutrition information available upon request.

Elementary & K-8

Sept 2-6

ONE TABLE



**Comfort
Kitchen**



**Corner
Deli**



**From the
Garden**

**OFFERED
DAILY**

Non fat white milk
Low-fat 1% white
milk

DRESSINGS

Italian, Ranch, Ketchup,
Mayo, Mustard

	Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6
No School		Chicken Nuggets w/Breadstick Macaroni & Cheese w/Breadstick (v) Citrus Glazed Carrots Green Peas	Chicken & Bean Empanadas Teriyaki Tofu w/Veggie Lo Mein (v) Fiesta Potatoes Roasted Bell Peppers & Onions	French Toast Sticks w/Turkey Sausage Patty BBQ Sloppy Joe Sandwich (ve) Roasted Sweet Potatoes Baby Carrots	Fajita Chicken w/Flatbread & Jollof Rice Cheese Quesadilla (v) Refried Beans Roasted Broccoli
		Pizza Bento Box	Fiesta Salad w/Breadstick (v)	Chicken Caesar Wrap	Tuna Salad Sandwich
		Apple Slices Diced Peaches Garden Salad Cucumber Slices	Watermelon Mandarin Oranges Super Salad Chilled Sweet Potato	Orange Slices Whole Apple Garden Salad Red Pepper Strips	Banana Frozen Blueberries Super Salad Tomato, Corn, Cilantro Salad

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Elementary & K-8

Sept 9-13

ONE-TABLE



Comfort Kitchen



Corner Deli



From the Garden

OFFERED DAILY

Non fat white milk
Low-fat 1% white milk

DRESSINGS

Italian, Ranch, Ketchup, Mayo, Mustard

Monday 9	Tuesday 10	Wednesday 11	Thursday 12	Friday 13
Jamaican Jerk Chicken Grilled Cheese Sandwich (v) Sweet Plantains Tomato Soup	Spaghetti & Turkey Marinara Baked Penne w/Breadstick (v) Parmesan Green Beans Tater Tots	Carolina BBQ Pulled Turkey Sandwich Teriyaki Chick'n and Fried Rice (v) Roasted Broccoli & Carrots Green Peas	Beef Hot Dog Lentil Dal w/Brown Rice (v) Crinkle Cut Fries Roasted Butternut Squash	Beef Enchiladas Cheese Pizza (v) Mexican Black Beans Citrus Carrots
Fiesta Salad w/Breadstick (v)	Hummus Box (v)	Turkey "Ham" and Cheese Sandwich	Blueberry Parfait (v)	Chicken Caesar Salad w/Breadstick
Frozen Blueberries Applesauce Baby Carrots Super Salad	Peach Slices Apple Slices Garden Salad Celery Sticks	Banana Orange Slices Asian Bean Salsa Super Salad	Frozen Blueberries Cantaloupe Blue Ribbon Slaw Tuscan Salad	Whole Apple Banana Roasted Corn Super Salad

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Elementary & K-8

Sept 16-20

ONE-TABLE



Comfort Kitchen



Corner Deli

From the Garden



OFFERED DAILY

Non fat white milk
Low-fat 1% white milk

DRESSINGS

Italian, Ranch, Ketchup, Mayo, Mustard

Monday 16	Tuesday 17	Wednesday 18	Thursday 19	Friday 20
Beef & Cheese Nachos Veggie Burger (v) Mexican Black Beans Moroccan Spiced Carrots Burger Toppings	Chicken Nuggets w/Breadstick BBQ Sloppy Joe Sandwich (ve) Celery Sticks Tater Tots	Veggie Lo Mein w/Sweet & Sour Tofu (ve) Cheese Filled Breadsticks w/Marinara (v) Sweet Roasted Corn Roasted Broccoli	Chili con Carne w/Breadstick Caprese Grilled Cheese Sandwich (v) Green Peas Crinkle Cut Fries	Chicken & Bean Empanadas Broccoli & Cheese Baked Potato w/Garlic Knot (v) Roasted Broccoli Blue Ribbon Slaw
Sunbutter & Jelly Sandwich (ve)	Strawberry Banana Parfait (v)	Turkey & Cheese Sandwich	Chicken Caesar Wrap	Fiesta Salad w/ Garlic Knot (v)
Apple Slices Diced Pears Fresh Broccoli Super Salad	Fresh Peach Strawberries Greek Salad Celery Sticks	Orange Slices Frozen Blueberries Super Salad Pinto Beans	Whole Apple Mandarin Oranges Greek Salad Green Pepper Strips	Orange Slices Applesauce Super Salad Pinto Beans

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Elementary & K-8

Sept 23-27

ONE-TABLE



Comfort Kitchen



Corner Deli



From the Garden

OFFERED DAILY

Non fat white milk
Low-fat 1% white milk

DRESSINGS

Italian, Ranch, Ketchup,
Mayo, Mustard

Monday 23	Tuesday 24	Wednesday 25	Thursday 26	Friday 27
Parmesan Chicken w/Spaghetti & Marinara Cheese Pizza (v) Parmesan Green Beans Roasted Cauliflower	Chicken Quesadilla OR Cheese Quesadilla (v) w/Cilantro Lime Rice Mexican Black Beans Roasted Cilantro & Lime Broccoli	Carolina BBQ Pulled Turkey Sandwich Plant-based Tachos w/Breadstick (v) Mexican Corn Tater Tots	Spicy Chicken Sandwich Fiesta Potato Breakfast Bowl w/Biscuit (v) Sweet Potato Fries Seasoned Carrot Coins	BBQ Mac & Cheese w/ Garlic Knot Lasagna Roll Up w/ Garlic Knot (v) Collard Greens Green Peas
Crispy Chicken Wrap Fiesta Dip Box (v)	Tuna Salad Sandwich	Crispy Chicken Salad w/Breadstick	Hummus Box (v)	Turkey & Cheese Sandwich
Strawberries Orange Slices Baby Carrots Super Salad	Red Seedless Grapes Orange Slices Chilled Peas Spinach Salad	Whole Apple Frozen Blueberries Red Pepper Strips Super Salad	Apple Slices Banana Roasted Chickpeas Spinach Salad	Mixed Melon Peach Slices Cucumber Slices Super Salad

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