

# August 2017

## CLOVERDALE MIDDLE & ELEMENTARY SCHOOL

### LUNCH



#### MEAL PRICES

**LUNCH: \$2.85**

**REDUCED: .40 CENTS**

**"EACH MEAL MUST CONTAIN A FRUIT OR VEGETABLE"**



**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.

**This institution is an equal opportunity provider.**



### Monday



### Tuesday

### Wednesday

### Thursday

### Friday

1

2

3

4

Big Daddy Pizza or Hotdog  
Steamed Broccoli  
Mandarin Oranges  
Low-Fat Milk

7

Fiesta Nachos or Turkey & Cheese Hoagie Sandwich  
Buttered Corn  
Fresh Apple  
Low-Fat Milk

8

County Fried Chicken or Country Fried Steak  
Green Beans  
Mixed Fruit  
Whole Grain Roll  
Low- Fat Milk

9

Chicken Sandwich or B.B.Q.  
Pulled Pork Sandwich  
Buttered Carrots  
Fresh Banana  
Low- Fat Milk

10

Cheese Burger or Coney Dog  
Baked Beans  
Mixed Fruit  
Ice Cream LF  
Low- Fat Milk

11

Chicken Sandwich or Ham  
Cheese Calzone  
Buttered Carrots  
Sliced Peaches  
Low- Fat Milk

14

Chicken Taco or Beef Taco  
Black Beans  
Fresh Fruit  
Low- Fat Milk

8

Chicken Strips or Country Meatloaf  
Mashed Potato w/Gravy  
Green Bean  
Whole Grain Bread  
Fresh Fruit  
Low- Fat Milk

16

Cheese Burger or Hotdog  
Buttered Corn  
Apple Sauce  
Low- Fat Milk

17

Fish Sandwich or Chicken Nuggets  
Green Romaine Salad  
Ice Cream LF  
Fresh Fruit  
Low- Fat Milk

18

Beef Taco or Pizza  
Steamed Broccoli Peaches  
Variety Milk

21

B.B.Q. Pulled Pork Sandwich  
Chicken Sandwich  
Baked Beans  
Apple Sauce  
Low- Fat Milk

22

County Fried Chicken or Country Fried Steak  
Mashed Potato w/ Gravy  
Whole Grain Roll  
Fresh Fruit  
Low- Fat Milk

23

Hamburger or Hotdog  
Buttered Carrots  
Fresh Fruit  
Low- Fat Milk

24

Popcorn Chicken or Fish Sandwich  
Celery Sticks w/ Dip  
Fresh Fruit  
Ice Cream LF  
Low- Fat Milk

25

Big Daddy Pizza or Beef Taco  
Black Bean  
Apple sauce  
Low- Fat Milk

28

Walking Taco Frito Chili  
Mini Corn Dogs  
Green Beans  
Fresh Fruit  
Low-Fat Milk

29

Chicken Sandwich  
Hot Ham & Cheese  
Baby Carrots W/ Dip  
Fresh Apples  
Low-Fat Milk

30

B.B.Q. Pork or Hamburger  
Broccoli w/ Cheese  
Fruit  
Variety Milk

31

