FOOD FOR THOUGHT

Americans consume 101 pounds or 160 bowls of cereal per person every year. **Meals2Go**

Monday, August 31, 2020

**Breakfast**
- Cereal
- Vanilla Bear Graham
- Iced Diced Pears
- Applesauce Cup
- 1% White Milk

**Lunch**
- Country Beef Cutlet on a Bun
- Western Beans
- Baked School Fries
- Iced Apricot Cup
- Iced Mixed Fruit Cup
- Chocolate Milk

Tuesday, September 1, 2020  Menu is subject to change without notice due to product availability

**Breakfast**
- Orange Crumb Muffin Top
- Vanilla Bear Graham
- Iced Apricot Cup
- Iced Mixed Fruit Cup
- 1% White Milk

**Lunch**
- Personal Pan Meat Lovers Pizza
- Fresh Broccoli Trees
- Golden Corn
- Fresh Apple Slices
- Iced Strawberry Cup
- Chocolate Milk

Wednesday, September 2, 2020  Menu is subject to change without notice due to product availability

**Breakfast**
- Cinnamon Glazed French Toast
- Iced Strawberry Cup
- Fresh Apple Slices
- 1% White Milk

**Lunch**
- Breaded Chicken Patty on a Bun
- Fresh Cucumber Coins
- Potato Smiles
- Chilled Diced Peaches
- Chilled Applesauce Cup
- Chocolate Milk

Thursday, September 3, 2020  Menu is subject to change without notice due to product availability

**Breakfast**
- Cinnamon Pancakes
- Iced Diced Peaches
- Iced Strawberry Cup
- 1% White Milk

**Lunch**
- Chicken & Cheese Taquitos
- Fresh Grape Tomatoes
- Baked School Fries
- Chilled Diced Peas
- Iced Peach Cup
- Chocolate Milk

Friday, September 4, 2020  Menu is subject to change without notice due to product availability

**Breakfast**
- Glazed Dutch Waffle
- Iced Diced Pears
- Iced Peach Cup
- 1% White Milk

**Lunch**
- Breaded Chicken Nuggets
- Tea Roll
- Fresh Carrot Dippers
- Green Beans
- Chilled Applesauce Cup
- Iced Mixed Fruit Cup
- Chocolate Milk

Menu Key:
- Contains Pork
- Locally Grown
- Meatless Item
- Spicy
- New Item

Complimentary Breakfast is available at each building for students requiring special meals. Medical statements can be found on our website for students requiring special meals. For more information about special meals, contact your school’s cafeteria manager for details. To eliminate cash or checks being sent to the school, we accept on-line payments at www.schoolcafe.com.

This institution is an equal opportunity provider.

Every Day
- Most grain items are whole-grain rich.

Breakfast & Lunch
- Seasonal fresh fruits and vegetables will be offered daily as they are available. Assorted canned or frozen fruits and 100% juice may also be included in your Meals2Go.
- Ice cold 1% white milk and chocolate milk is offered daily as part of every meal.

Daily Lunch Options
- As we continue to offer our Meals2Go, we will include new items to the menu. Stay tuned and we look forward to providing meals while you are at home doing remote learning.
Senior High

Breakfast & Lunch Menu

For a complete Breakfast, you must select three stars, at least one star must be a fruit. For a complete lunch, you must select three stars, at least one star must be a vegetable or a fruit.

September is considered FOOD SAFETY MONTH. Some foods are more frequently associated with food poisoning than others. It is especially important to handle these foods properly.

- Meat - Thorough cooking destroys harmful bacteria. Cook pork and red meats to an internal temperature of 145 degrees. Hamburger – internal temperature of 160 degrees.
- Poultry - Raw poultry can contain harmful bacteria such as salmonella and campylobacter. Never wash poultry since bacteria can spread to the hands and work surfaces. Cook poultry to the proper temperature of 165 degrees to kill the bacteria.
- Eggs - Keep eggs refrigerated, cook eggs until the yolks are firm, and cook foods containing eggs thoroughly.
- Produce - Fresh produce can pick up harmful bacteria from many sources.

When preparing any fresh produce, begin with clean hands. Wash all produce thoroughly under running water before preparing and/or eating.

FOOD FOR THOUGHT – Eggs are one of the most nutritious foods. An egg contains almost all of the healthy compounds, such as vitamin D, protein, and choline. Hard boiled eggs are available at breakfast in the cafeteria.

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