

August 2017

BULLDOG LUNCH MENU

LUNCH



Choice of milk, Chef Salad and Fresh Fruit offered daily. * **Local produce** served when available. Menu subject to change.

This institution is an equal opportunity provider



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.



Monday



Tuesday

Wednesday

Thursday

Friday

Ravioli w/ Roll
Chicken Fajita Wrap
Veggie Dippers
Glazed Carrots
Baked Cinnamon Apples

7

Poppy Seed Chicken
Steak Fingers
Bread Stick
Steamed Broccoli
Roasted Corn
Pineapple Tidbits

8

Beef & Cheese Nachos
Ham & Cheese Wrap
Garden Salad
Refried Beans
Fresh Melon

9

Beef Stroganoff
Chicken Nuggets
Warm Roll
Cucumber Tomato Salad
Sweet Tater Rounds
Sliced Peaches

10

Meatball Sub
Brunch Box
Turkey/Cheese Sandwich
Tater Smiles
Carrots and Peas
Berries w/Whipped Topping

11

Pancakes and Sausage
Chicken Biscuit
Cheese Grits
Oven Roasted Potatoes
Citrus Cup

14

BBQ Chicken w/ Roll
Beef Taco
Green Beans
Honey Glazed Sweet Potato
Fresh Strawberries

15

Yogurt, Muffin w/ Berries
BBQ Sandwich
Whole Corn
Garden Salad
Sliced Peaches

16

Spaghetti w/ Breadstick
Ham & Cheese Hoagie
Garden Salad
Fresh Steamed Squash
Fresh Melon

17

Bulldog Burger CLT
Brunch Box
Chili Dawg
Baby Carrots w/ Dip
Cowboy Beans
Applesauce

18

Hot Wings w/Breadstick
Chicken Quesadilla
Celery Sticks w/ Dip
Glazed Carrots
Strawberry Cup

21

Roasted Chicken w/Roll
Fish Sandwich
California Veggies
Red Roasted Potatoes
Sliced Pears

22

Chili Dawg
Turkey & Cheese Wrap
Black Beans
Whole Kernel Corn
Applesauce

23

Spicy Chicken Sandwich
Beef a Roni
Fresh Steamed Squash
Green Beans
Berries w/Whipped Topping

24

Sloppy Joe's
Chicken Fillet Sandwich
Brunch Box
Sweet Tater Rounds
Mixed Veggies
Baked Cinnamon Apples

25

Pizza
Ham & Cheese Sandwich
Broccoli Tomato Salad
Whole Corn
Strawberry Cup

28

Bulldog Burger w/ CLT
Sub Sandwich
Garden Salad
Ranchero Beans
Cantaloupe

29

BBQ Sandwich
Chicken Fillet Sandwich
Cowboy Beans
Steamed Broccoli
Sliced Peaches

30

Chicken Salad Croissant
Chicken Smackers w/ Roll
Green Beans
Baked Potato
Watermelon Slices

31

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