



AUGUST 2017



DAILY SPECIALS

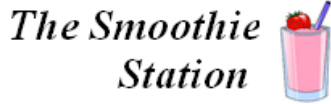
| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|---|---|
| <p>You can pay for lunches online!</p> | <p>15 Crunchy Tacos Fresh Pico de Gallo Mexican Beans Corn Peaches Fresh Fruit (High School)</p>  | <p>16 Crunchy Tacos Fresh Pico de Gallo Mexican Beans Corn Peaches Fresh Fruit (Middle School)</p> | <p>17 Orange Chicken Steamed Brown Rice Stir-Fried Vegetables Mandarin Oranges Fresh Fruit Fortune Cookie</p> | <p>18 Hamburger on a Bun Lettuce, Tomato, Onions & Cucumbers Ranch Beans Farm Fresh Corn on the Cob Applesauce Fresh Fruit</p>   |
| | <p>21 Pizza Marinara Cheesy Garlic Roll Spinach Salad Pears Fresh Fruit</p> | <p>22 Nachos with <i>Baked Tostitos</i> Bean Dip Fresh Pico de Gallo Spanish Rice Carrots & Celery Peaches Fresh Fruit</p> | <p>23 Meatball Sandwich Broccoli Salad <i>Sun Chips</i> Applesauce Fresh Fruit</p> | <p>24 Hawaiian Haystacks (Steamed brown rice, Chicken in Gravy Topping Choices: Pineapple, Chopped Celery, Chow Mein Noodles, Coconut, Cheese, Peppers, Green Onions) Peas Mandarin Oranges Fresh Fruit</p> |
| <p>28 Pizza Marinara Cheesy Garlic Roll Celery Cucumber Salad Mandarin Oranges Fresh Fruit</p> | <p>29 Enchiladas Refried Beans Fresh Pico de Gallo Corn Pears Fresh Fruit</p> | <p>30 Teriyaki Chicken Stir-fried Vegetables Steamed Brown Rice Pineapple Fresh Fruit Fortune Cookie</p> | <p>31 Italian Sub Sandwich Lettuce, Tomato 3-Bean Salad Peaches Applesauce Fresh Fruit</p>  | <p>September 1 No School</p> |
| <p>4 Labor Day</p> | <p>5 Bean & Cheese Tostadas Shredded Lettuce Fresh Pico de Gallo Mandarin Oranges Fresh Fruit</p> | <p>6 Monster Fries (Potato Wedges) Topping Choices: Chili, Cheese, Green Onions, & Diced Ham Steamed Broccoli Dinner Roll Applesauce Fresh Fruit</p> | <p>7 Turkey, Mashed Potatoes & Gravy WG Dinner Roll Peas & Carrots Peaches Fresh Fruit</p> | <p>8 BBQ Riblet Sandwich Coleslaw Baked Beans Cinnamon Apple Slices Fresh Fruit Farm Fresh Corn on the Cob</p>  |
| <p>ALL meals include access to the salad bar and seconds on fruits and vegetables (for consumption by the purchasing student only.)</p> | <p>Due to seasonal availability, we are not able to predict when we will be able to purchase certain types of fruit. Be assured that there will be a good variety of fresh fruit this time of year! Fresh Fruits offered: Grapes, Apples, Bananas, Cantaloupe, Honeydew, Watermelon, Pineapple, Strawberries Pears, Peaches, Nectarines, Kiwi, Plums</p>  | <p>This institution is an equal opportunity provider.</p>  | <p>Prices 6-12 - \$2.65 Adult - \$3.80 Milk - \$0.30 Milk is included in the price of meals.</p>  | |

We **NEVER** deep-fry anything. All our grains are whole grain rich (at least 50% whole grain).

Please apply online for free or reduced-price meals if there is a chance you could qualify (see the income chart on the application). You must reapply each year even if you qualified last year.

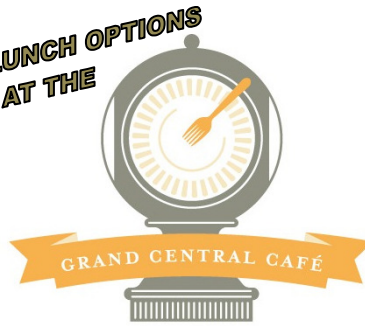
For instructions on completing your application, go to freedomprep.net, choose "Campuses".
Click on "Common Links" then on "Free and Reduced Lunch Application".

If you have questions about applications or volunteering, contact Lisa LaFleur (801) 437-3069.



- Fruit Smoothie
-Yogurt, Fruit & Granola Parfait

**MORE LUNCH OPTIONS
 AT THE**



Large Salad/Salad Bar

Personalize
 your meal
 using




- Hamburger on a bun
- Crispy Chicken Breast Sandwich
- Pepperoni Pizza Ripper
- PB&J Uncrustable
- ...Or the Daily Eats of the Day



DAILY BREAKFAST SPECIALS



| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|---|--|
| | 15 Pancakes & Syrup Breakfast Sausage | 16 Scrambled Eggs w/ Ham Wheat Toast | 17 Build your own Yogurt Parfait Granola Topping Wheat Toast | 18 Pumpkin Muffin |
| 21 UBR (Ultimate Breakfast Round) | 22 Baked Oatmeal | 23 Egg, Ham & Cheese Muffin Sandwich | 24 WG Breakfast on a Stick | 25 Carrot Muffin |
| 28 UBR | 29 Breakfast Tornado | 30 Egg & Cheese Strata Wheat Toast | 3 Waffle Sticks Breakfast Sausage | September 1 No School |
| 4 Labor Day | 5 Oatmeal | 6 Ham, Egg & Potato Breakfast Burrito | 7 French Toast Berry Compote | 8 Blueberry Orange Muffin  |
| Our muffins are freshly baked! | All cafeteria breakfasts include an alternate entrée option of cold cereal. Additional side items offered daily: milk, yogurt, cottage cheese, choice of fruit or juice Fresh fruit is always offered. | | | Prices 6 -12 - \$1.45 Adult - \$1.80 Milk - \$0.30 All meals include MILK |