


Palouse Prairie Lunch Menu

August/September 2019

Monday	Tuesday	Wednesday	Thursday	Friday
		28	29	30
		Cheeseburger or Hamburger Baked beans Tossed green salad Apple Slices Milk choices	Sub Sandwich- turkey or cheese Cheese Crackers Fresh Vegetables Cantaloupe Milk choice	Chicken nuggets Twisty Taters Carrots Fresh baked roll Grapes Milk choices
2	3	4	5	6
No School Labor Day	Turkey Hotdog Carrot sticks, roasted chickpeas Fresh plum Milk choices	Nachos (beef & cheese) Refried Beans + Salsa Corn Fresh Fruit Milk choices	Chicken patty sandwich Fresh vegetables Apple slices Milk choices	Cheese or sausage pizza Tossed green salad Fresh peach slices Milk Choices
9	10	11	12	13
Corn Dog Nuggets Twisty taters Green beans Fresh fruit Milk choices	Quesadilla Seasoned black beans Spanish rice Corn Fresh fruit Milk choices	Sub Sandwich- turkey or cheese Fresh Vegetables + Fruit Baked chips Milk choices	Hamburger or cheeseburger Potato wedges Baby carrots Apple slices Milk choices	Cheese pizza pull-apart Steamed vegetables Fruit cocktail Milk choices
16	17	18	19	20
Chicken Nuggets Twisty Taters Cucumber slices Chilled fruit Fresh baked roll Milk choices	Bean + cheese burrito Chips + Salsa Fresh Vegetables Chilled Fruit Milk Choices	Chicken drumstick Baked beans Baby carrots Watermelon Fresh Baked Roll Milk choices	Cheese + Sausage Pasta Bake Italian breadstick Fresh fruit + vegetables Milk Choices	Pizza Stuffwich (beef) Grapes Seasoned steamed broccoli Milk Choices
23	24	25	26	27
French Toast Sticks Egg patty Seasoned Potatoes Applesauce Milk choices	Soft beef taco Chips + bean dip Fresh vegetables + fruit Milk Choices	Yummy Cheesebread + Tomato soup Fresh vegetables + fruit Milk choices	Tangerine Chicken Rice Steamed broccoli Fresh fruit Fortune cookie Milk Choices	Breadsticks + marinara sauce Cheese stick Green beans Chilled fruit Animal Crackers Milk Choices
30	Average	Weekly Target	Menus are subject to change based on product availability. A variety of milk is offered: fat free white, fat free chocolate and 1% white. A vegetarian option is available every day. The alternative choice to the main entrée item is a peanut butter sandwich and cheese stick.	
Hamburger or cheeseburger Potato wedges Baby carrots Apple slices Milk choices	Calories 628 Sodium 986 mg Saturated Fat 6.17 g (8.44%)	600-650 < 1230 mg < 10.00 %		