

# “On the Go” Lunch Menu August 2020 – All Levels

|   | Hot Vegetables served with Hot Entrée<br>Jamwich PBJ or Soy Butter<br>Jamwich w/ WG<br>Cheez-Its & Cheese Stick<br>Offered Daily  |   | All entrees include Mayfield Milk Choice and Fruit or 100% Fruit Juice<br><br>Sandwich Trimmings(4) offered with all sandwich choices   | Approximate grams of Carbohydrates per serving is shown in parenthesis<br><br>Mayfield Milk Choices - 1/2 pint serving<br>White Skim(13) While 1%(13) Fat Free Chocolate(20)<br>Vanilla(19) & Strawberry(19)   |
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| <b>August 17<sup>th</sup></b>  | <b>August 18<sup>th</sup></b>   | <b>August 19<sup>th</sup></b>   | <b>August 20<sup>th</sup></b>   | <b>August 21<sup>st</sup></b>  |
| Half Day for Students!<br><br>  | <u>Choose 1 Entrée</u><br><b>Hot option</b><br>Cheese or Pepperoni Pizza (30)<br><br>Sweet Yellow Corn(8)<br>Baby Carrots(5)<br><br><u>Cold option</u><br>WG Jamwich PBJ(35) w/ Cheez-Its(14) & Cheese stick(2)<br>Or<br>Mini Chef w/ Ham(4) w/ WG Roll(32)<br><br>Baby Carrots(5)  | <u>Choose 1 Entrée</u><br><b>Hot option</b><br>5 WG Chicken Nuggets(16) w/ WG Roll(32)<br>Pre-K/ Elementary<br><br>8 WG Chicken Nuggets(26) w/ WG Roll(32)<br>MS/HS<br>Mashed Potatoes(17)<br>Veggie Nibbles(7)<br><br><u>Cold option</u><br>WG Jamwich PBJ(35) w/ Cheez-Its(14) & Cheese stick(2)<br>Or<br>Turkey & Cheese(2) on WG Bun(29) w/ RF Doritos(19)<br><br>Veggie Nibbles(7) | <u>Choose 1 Entrée</u><br><b>Hot option</b><br>Homemade Grilled Cheese(32)<br><br>Tater Tots(18)<br>Baby Carrots(5)<br><br><u>Cold option</u><br>WG Jamwich PBJ(35) w/ Cheez-Its(14) & Cheese Stick(2)<br>Or<br>Mini Chef w/ Turkey(4) w/ WG Roll(32) – Preschool/Elementary<br>Grilled Chicken(1) Salad w/ WG Roll(32) – MS/HS<br><br>Baby Carrots(5)<br><b>Dessert – Both options may be offered</b><br>Orange & White Sidekick or Sour Cherry Lemon Sidekick(22) | <u>Choose 1 Entrée</u><br><b>Hot Option</b><br>Charbroiled Hamburger(1) or Cheeseburger(5) on WG Bun(29)<br><br>Oven Baked Fries(17)<br>Veggie Nibbles(7)<br><br><u>Cold option</u><br>WG Jamwich PBJ(35) w/ Cheez-Its(14) & Cheese stick(2)<br>Or<br>Ham & Cheese(2) on WG Bun(29) w/ RF Doritos<br><br>Veggie Nibbles(7) |
| <b>August 24<sup>th</sup></b>  | <b>August 25<sup>th</sup></b>   | <b>August 26<sup>th</sup></b>   | <b>August 27<sup>th</sup></b>   | <b>August 28<sup>th</sup></b>  |
| <u>Choose 1 Entrée</u><br><b>Hot option</b><br>Cheese or Pepperoni Pizza Stuffed Crust(31)<br><br>Sweet Yellow Corn(8)<br>Baby Carrots(5)<br><br><u>Cold option</u><br>WG Jamwich PBJ(35) w/ Cheez-Its(14) & Cheese stick(2)<br>Or<br>Mini Chef w/ Turkey(4) w/ WG Roll(32) – Preschool/Elementary<br>Grilled Chicken(1) Salad w/ WG Roll(32) – MS/HS<br><br>Baby Carrots(5) | <u>Choose 1 Entree</u><br><b>Hot option</b><br>Crispy or Spicy Chicken(15) Sandwich on WG Bun(29) w/ RF Doritos(19)<br><br>Spudsters(23)<br>Veggie Nibbles(7)<br><br><u>Cold option</u><br>WG Jamwich PBJ(35) w/ Cheez-Its(14) & Cheese stick(2)<br>Or<br>Turkey & Cheese(2) on WG Bun(29) w/ RF Doritos<br><br>Veggie Nibbles(7) | <u>Choose 1 Entrée</u><br><b>Hot option</b><br>Nick's BBQ Sandwich(2) on WG Bun(29)<br><br>Bush's Baked Beans(29)<br>Baby Carrots(5)<br><br><u>Cold option</u><br>WG Jamwich PBJ(35) w/ Cheez-Its(14) & Cheese stick(2)<br>Or<br>Mini Chef w/ Ham(4) w/ WG Roll(32) – Preschool/Elementary<br><br>Southwest Chicken Salad(22) w/ WG Roll(32) – MS/HS<br><br>Baby Carrots(5)             | <u>Choose 1 Entree</u><br><b>Hot Option</b><br>3 WG Max Cheese Sticks(48)<br><br>Green Beans(4)<br>Veggie Nibbles(7)<br><br><u>Cold Option</u><br>WG Jamwich PBJ(35) w/ Cheez-Its(14) & Cheese Stick(2)<br>Or<br>Ham & Cheese(2) on WG Bun(29) w/ RF Doritos<br>Veggie Nibbles(7)<br><br><b>Dessert – Both options may be offered</b><br>Orange & White Sidekick or Sour Cherry Lemon Sidekick(22)  | <u>Choose 1 Entrée</u><br><b>Hot option</b><br>Teriyaki Chicken(6) & Rice Bowl(34)<br><br>Curly Fries(25)<br>Baby Carrots(5)<br><br><u>Cold option</u><br>WG Jamwich PBJ(35) w/ Cheez-Its(14) & Cheese stick(2)<br>Or<br>Mini Chef w/ Ham(4) w/ WG Roll(32)<br><br>Baby Carrots(5)   |

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