

Harvest of the Month

Network for a Healthy California



GREEN BEANS

Circle all meals that contain green beans.

- How many did you find?
- What are the different ways green beans will be served? Fresh? Cooked? Canned?
- How many other green fruits and vegetables are on the menu?
- What is your favorite green vegetable?

August 2022 High School Breakfast

We are a non-pricing school district-breakfast and lunch are provided to each student at no cost!
**
Cold milk offered with all meals
**
Menu subject to change



8 Teacher Work Day First Day of School is Tomorrow Get a good night's rest!	9 Cereal Muffin UBR round Apple Mixed fruit Juice	10 Benefit bar Breakfast burrito Cinnamon roll Apple Mixed fruit Juice	11 Muffin top Grilled cheese sandwich UBR Apple Mixed fruit Juice	12 Cereal Pan Dulce Donut holes Apple Mixed fruit Juice
15 Cereal Breakfast pizza Muffin top Apple Juice	16 Cinnamon roll Banana bread Yogurt/granola Nectarine Craisins	17 Benefit bar Yogurt parfait Pancakes Plum Juice	18 Snack n' waffle UBR round Grilled cheese Go gurt Carrots Craisins	19 Blueberry muffin Donut holes Yogurt parfait Apple Juice
22 Cereal Cinnamon roll Breakfast burrito Apple Juice	23 Pan dulce Pancakes Chocolate muffin Nectarine Craisins	24 Benefit bar Breakfast croissant Cowboy bread Plum Juice	25 UBR round Grilled cheese Carrots Craisins	26 Banana bread Blueberry muffin Apple Juice
29 Cereal Muffin top Apple Juice	30 Snack n' waffle French toast sticks Go gurt Nectarine Craisins	31 Muffin top Benefit bar Plum Juice	Sept 1	Sept 2

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- How many did you find?
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August 2022 High School Lunch

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8 Teacher Work Day First Day of School is Tomorrow Get a good night's rest!	<i>Cereal, UBR bar, apples, 9 juice</i> PB & J sandwich Grilled cheese Mixed fruit Frozen fruit cup Carrots Celery	<i>Benefit bar, cinnamon roll, apple, juice 10</i> Chicken Nuggets Mini hot dog Tater tots Broccoli Pears	<i>Muffin top, grilled cheese, apple, juice 11</i> Corn dog Chicken drumstick Sun chips Pinto beans Celery Strawberry cup	<i>Cereal, pan dulce, apple, 12 juice</i> Cheese pizza Cheeseburger slider Green salad Carrots Peaches Sliced apples
<i>Cereal, muffin, apple, 15 juice</i> Chicken nuggets Chimichanga Spiral fries Carrots Pears	<i>Cinnamon roll, banana bread, nectarine, craisins 16</i> Chili beans Pizza Corn bread poppers Broccoli Frozen peach cup Orange wedges	<i>Benefit bar, yogurt parfait, plum, juice 17</i> Beef hot dog Bean & cheese burrito Sun chips Corn Carrots Mixed fruit	<i>Snack n' waffle, carrots, 18 grilled cheese, go gurt</i> Chicken sandwich Cheeseburger sliders Ranch beans Broccoli Pears Orange wedges	<i>Muffin, UBR round, 19 apple, juice</i> Pull apart cheese bread Cheeseburger Green salad Celery Peaches Grapes
<i>Cereal, cinnamon roll, 22 apple, juice</i> PB & J sandwich Italian combo String cheese Carrots Celery Mixed fruit Apple	<i>Pan Dulce, pancakes, 23 nectarine, craisins</i> Cheeseburger Grilled cheese sandwich Tater tots Carrots Honeydew melon Grapes	<i>Benefit bar, breakfast croissant, plum, juice 24</i> Deli sandwich Spicy chicken wrap Sun chips Pinto beans Broccoli Pears Sliced apples	<i>UBR bar, grilled cheese 25 carrots, craisins</i> Chicken nuggets Cheeseburger Corn Broccoli Peaches Orange wedges	<i>Banana bread, muffin, 26 apple, juice</i> Cheese pizza Chicken sandwich Green salad Celery Pears Grapes
<i>Cereal, muffin, apple, 29 juice</i> Bean & cheese burrito PB & J sandwich Corn Carrots Peaches Grapes	<i>Snack n' waffle, french 30 toast sticks go gurt, nectarine, craisins</i> Spaghetti Chicken drumstick Green beans Carrots Cantaloupe Frozen strawberry cup	<i>Muffin top, benefit bar, 31 plums, juice</i> Chicken tenders Italian combo Sun chips Vegetable medley Broccoli Pears Sliced apples	Sept 1	Sept 2