

Menus for August 2016

City Schools of Decatur
6-8



Daily Breakfast Options:

- Assorted Cereals
 - Toast
- Choice of Milk
- Mon, Wed, Thu, Fri
- Chicken Biscuit
- Sausage Biscuit
- French Toast Sticks w/Syrup
- Tue
- Yogurt Parfait
- Smoothie



EXCITING NEWS!!!

NEW **LOCALLY SOURCED** ITEMS:

*SPRINGER MOUNTAIN FARMS, GA ANTIBIOTIC FREE CHICKEN

* CHINESE SOUTHERN BELLE , GA TERIYAKI SAUCE

GIVE IT A TRY!!!

Monday, August 1

Lunch

Turkey Sub
or
Chicken Nuggets
Roasted Red Potatoes
Green Peas
WG Dinner Roll
Frozen Juice Bar
Mixed Fruit
Assorted Fresh Fruit
Choice of Milk

Tuesday, August 2

Lunch

Bean Burrito
or
Cheese Pizza
Romaine Salad
Buttered Corn
Green Grapes
Assorted Fresh Fruit
Choice of Milk

LEAN & GREEN DAY

Wednesday, August 3

Lunch

Hamburger/Cheeseburger
or
Teriyaki Chicken* (New!)
Fried Rice
Roasted Broccoli & Carrots
Strawberries w/ Whipped Cream
Assorted Fresh Fruit
Choice of Milk

Thursday, August 4

Lunch

Chicken Fillet
or
Beef and/or Cheese Nachos
Cuban Black Beans
Lettuce, Tomato (F2S), Guacamole, Salsa, Sour Cream
Watermelon
Assorted Fresh Fruit
Choice of Milk

Friday, August 5

Lunch

Hot Dog
or
Fish Sandwich (w/Lettuce & Tomato)
Seasoned Green Beans
Sweet Potato Fries
Fresh Fruit
Sugar Cookie
Assorted Fresh Fruit
Choice of Milk

Monday, August 8

Lunch

Turkey Sub
or
Chicken Caesar Wrap
Edamame
Waffle Fries
Sliced Peaches
Assorted Fresh Fruit
Choice of Milk

Tuesday, August 9

Lunch

Bean Burrito
or
Mac & Cheese
Black Eyed Peas
Cornbread
Sautéed Zucchini & Yellow Squash
Watermelon
Assorted Fresh Fruit
Choice of Milk

LEAN & GREEN DAY

Wednesday, August 10

Lunch

Chicken Fillet
or
Baked Chicken (New!)*
Roasted Sweet Potatoes
Parmesan Broccoli
WG Dinner Roll
Fresh Berries
Assorted Fresh Fruit
Choice of Milk

Thursday, August 11

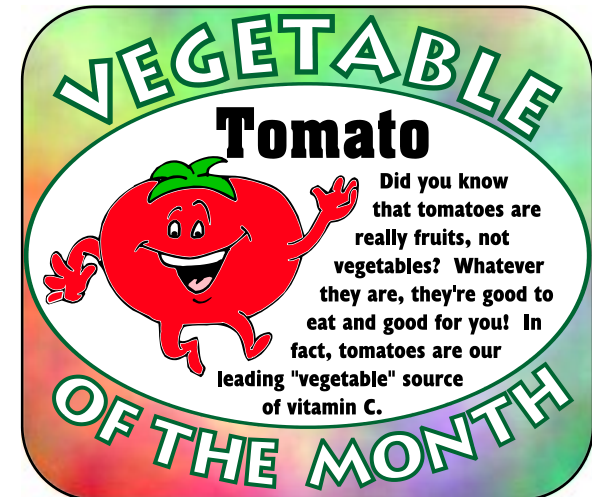
Lunch

Hamburger/Cheeseburger
or
Beef and/or Cheese Taco
Lettuce, Tomato, Sour Cream
Guacamole, Salsa, Spicy Black Beans
Mexican Rice
Pineapple Tidbits
Assorted Fresh Fruit
Choice of Milk

Friday, August 12

Lunch

Fish Sandwich
or
Hot Dog
Cole Slaw
Baked Beans
Raw Veggies w/Dip (Cherry Tomatoes-F2S)
Peach
Assorted Fresh Fruit
Choice of Milk



VEGETABLE
Tomato



Did you know that tomatoes are really fruits, not vegetables? Whatever they are, they're good to eat and good for you! In fact, tomatoes are our leading "vegetable" source of vitamin C.

OF THE MONTH

★ OUR NATION'S HISTORY ★

Before Benedict Arnold betrayed his young country and became the most infamous traitor in our history, he was among the greatest American soldiers of the Revolutionary War. But by the time he was named commander of the key fort at West Point, New York in the summer of 1780, he had already been secretly collaborating with the British enemy for more than a year.



★ WITH LIBERTY & JUSTICE FOR ALL ★

Monday, August 15

Lunch
Turkey Sub
or
Fish Nuggets w/
Cilantro Lime Sauce
Steamed Brown Rice
Sautéed Edamame &
Carrots
Sliced Peaches
Assorted Fresh Fruit
Choice of Milk

Tuesday, August 16

Brunch for Lunch
Bean Burrito
or
Scrambled Eggs w/Cheese
Waffle Bar w/Berries
Hash Browns
Spinach Salad
Watermelon
Assorted Fresh Fruit
Choice of Milk
LEAN & GREEN DAY

Wednesday, August 17

Lunch
Hamburger/Cheeseburger
or
Spaghetti w/Meat or
Marinara Sauce
Seasoned Green Beans
WG Breadstick
Romaine Salad w/Veggies
Blueberries
Assorted Fresh Fruit
Choice of Milk

Thursday, August 18

Lunch
Chicken Fillet
or
Chicken Fajitas
Lettuce, Guacamole,
House Made Salsa (F2S),
Sour Cream
Spicy Pinto Beans
Strawberries
Assorted Fresh Fruit
Choice of Milk

Friday, August 19

Lunch
Fish Sandwich
or
Hamburger/Cheeseburger
on WW Bun,
Lettuce, Tomato, Pickle
Ranch Potato Wedges
Steamed Broccoli Florets
Assorted Fresh Fruit
Choice of Milk

WEEKLY LUNCH SALADS & VEGETARIAN OPTION

8/1-8/5: Salad Bar w/ Turkey Chef, Bean Burrito

8/8-8/12: Salad Bar w/ Buffalo Chicken,
Bean Burrito

8/15-8/19: Salad Bar w/ Tuna,
Bean Burrito

8/22-8/26: Salad Bar w/ Turkey Chef,
Bean Burrito

8/29-9/2: Salad Bar w/ Buffalo Chicken,
Bean Burrito

DAILY CHOICES ALWAYS AVAILABLE

LUNCH: PB & Honey Sandwich (WG),
Gluten-Free Hummus Plate
Milk Options: 1%, Skim, or
Fat-Free Tru Moo Chocolate Milk

BREAKFAST: Cereal, Toast, Fruit (includes dried
fruit and various fresh fruits) or Juice and Milk
(1% or Skim)

WEDNESDAY: Chips & Salsa Box

MEAL PRICES

Breakfast: Reduced \$0.30, Full \$1.65

Lunch: Reduced \$0.40, Full \$2.75

Monday, August 22

Lunch
Turkey Sub
or
Chicken Nuggets
Roasted Red Potatoes
Green Peas
WG Dinner Roll
Frozen Juice Bar
Mixed Fruit
Assorted Fresh Fruit
Choice of Milk

Tuesday, August 23

Lunch
Bean Burrito
or
Cheese Pizza
Romaine Salad
Buttered Corn
Green Grapes
Assorted Fresh Fruit
Choice of Milk
LEAN & GREEN DAY

Wednesday, August 24

Lunch
Hamburger/Cheeseburger
or
Teriyaki Chicken *(New!)
Fried Rice
Roasted Broccoli &
Carrots
Strawberries w/ Whipped
Cream
Assorted Fresh Fruit
Choice of Milk

Thursday, August 25

Lunch
Chicken Fillet
or
Beef and/or Cheese Nachos
Cuban Black Beans
Lettuce, Tomato (F2S),
Guacamole, Salsa,
Sour Cream
Watermelon
Assorted Fresh Fruit
Choice of Milk

Friday, August 26

Lunch
Hot Dog
or
Fish Sandwich
(w/Lettuce & Tomato)
Seasoned Green Beans
Sweet Potato Fries
Fresh Fruit
Sugar Cookie
Assorted Fresh Fruit
Choice of Milk

Monday, August 29

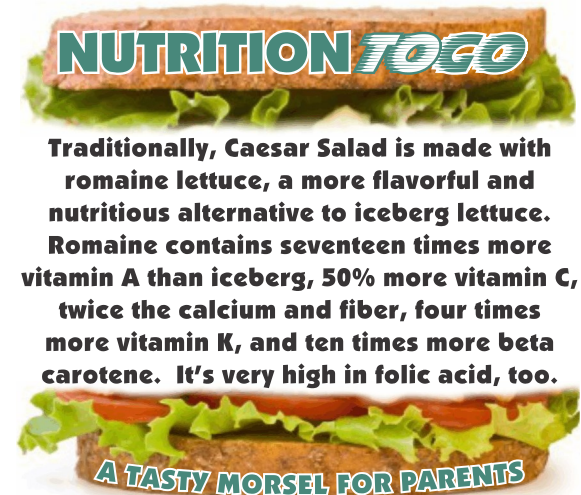
Lunch
Turkey Sub
or
Chicken Caesar Wrap
Edamame
Waffle Fries
Sliced Peaches
Assorted Fresh Fruit
Choice of Milk

Tuesday, August 30

Lunch
Bean Burrito
or
Mac & Cheese
Black Eyed Peas
Cornbread
Sautéed Zucchini & Yellow
Squash
Watermelon
Assorted Fresh Fruit
Choice of Milk
LEAN & GREEN DAY

Wednesday, August 31

Lunch
Chicken Fillet
or
Baked Chicken (New!)*
Roasted Sweet Potatoes
Parmesan Broccoli
WG Dinner Roll
Fresh Berries
Assorted Fresh Fruit
Choice of Milk



Traditionally, Caesar Salad is made with romaine lettuce, a more flavorful and nutritious alternative to iceberg lettuce. Romaine contains seventeen times more vitamin A than iceberg, 50% more vitamin C, twice the calcium and fiber, four times more vitamin K, and ten times more beta carotene. It's very high in folic acid, too.