

AUGUST 2024 Free Breakfast & Lunch for All Students Daily!



Menu is subject to change.
Fruit and milk are offered at breakfast daily.
Fruit, vegetables, and milk are offered at lunch daily.
"This institution is an equal opportunity provider."



Nutrition Tip: Drink water! Sip water or other drinks with few or no calories to stay hydrated and help maintain a healthy weight. Keep a water bottle in your bag or at your desk to satisfy your thirst throughout the day.

Reference: USDA MyPlate



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



5

6

7

1

2

12

Breakfast: Chocolate Chip Muffin **13**

Lunch: Chicken Sandwich or Hummus Bento Box

Breakfast: Blueberry Parfait or Benefit Bar **14**

Lunch: BBQ Chicken Drumstick or Kickin' Nuggets

Breakfast: Buttery Croissant **15**

Lunch: Grilled Cheese or Chicken Pasta Salad

Breakfast: Vanilla Confetti Waffle **16**

Lunch: Chicken Quesadilla or Black Bean Taco Salad w/ Tortilla Chips

Breakfast: Pink Pan Dulce **19**

Lunch: Chicken Tenders or Yogurt Power Pack

Breakfast: Blueberry Muffin **20**

Lunch: Cheese Pizza or Mandarin Chicken Salad

Breakfast: Banana Bread or Benefit Bar **21**

Lunch: Beef Burrito or Cuban Black Bean w/ Brown Rice

Breakfast: Strawberry Boli **22**

Lunch: Turkey & Cheese Sub or Crunchy Chickpea Wrap

Breakfast: Cereal Day! **23**

Lunch: Cheeseburger or Veggie burger

Breakfast: Mini Cinni **26**

Lunch: Chicken Sandwich or Hummus Bento Box

Breakfast: Chocolate Chip Muffin **27**

Lunch: BBQ Chicken Drumstick or Kickin' Nuggets

Breakfast: Blueberry Parfait or Benefit Bar **28**

Lunch: Grilled Cheese or Chicken Pasta Salad

Breakfast: Buttery Croissant **29**

Lunch: Chicken Quesadilla or Black Bean Taco Salad w/ Tortilla Chips

Breakfast: Vanilla Confetti Waffle **30**

Lunch: Beef Bulgogi Rice Bowl or Egg Fried Rice