

August

Valor Lunch



Monday	Tuesday	Wednesday	Thursday	Friday
			<ul style="list-style-type: none"> oven roasted chicken sandwich (df) o chopped lettuce & sliced tomatoes 	<ul style="list-style-type: none"> cheese pizza panada pie (v) o celery sticks w/ ranch
	1	2	3	4
<ul style="list-style-type: none"> beef burger (df) o glazed carrots 	<ul style="list-style-type: none"> chicken bites (df) o seasoned green beans w/ ranch (chilled) 	<ul style="list-style-type: none"> bfast for lunch: pancakes & omelet (v) o edamame & baby carrots 	<ul style="list-style-type: none"> cheese pizza (v) o blanched broccoli (chilled) 	<ul style="list-style-type: none"> crispy chicken sandwich (df) o steamed corn
7	8	9	10	11
<ul style="list-style-type: none"> cheesy ravioli (v) o steamed carrots 	<ul style="list-style-type: none"> bfast for lunch: pancakes & chicken sausage o steamed corn 	<ul style="list-style-type: none"> cheese pizza panada pie (v) o smoky black eyed peas & baby carrots w/ ranch 	<ul style="list-style-type: none"> cheeseburger o coleslaw 	<ul style="list-style-type: none"> NEW! buffalo chicken pizza o blanched broccoli (chilled)
14	15	16	17	18
<ul style="list-style-type: none"> revolution hot dog (df) o steamed carrots 	<ul style="list-style-type: none"> bfast for lunch: pancakes & omelet (v) o seasoned green beans (chilled) 	<ul style="list-style-type: none"> baked mac & cheese w/ chicken bites o warm pinto beans & blanched broccoli (chilled) w/ ranch 	<ul style="list-style-type: none"> oven roasted chicken sandwich (df) o chopped lettuce & sliced tomatoes 	<ul style="list-style-type: none"> spaghetti & meatballs (df) o steamed corn
21	22	23	24	25
<ul style="list-style-type: none"> cheesy chicken quesadilla o glazed carrots 	<ul style="list-style-type: none"> cheese pizza (v) o steamed corn 	<ul style="list-style-type: none"> NEW! uncle ted's bbq chicken drumstick w/ cheesy rice o celery sticks w/ ranch 	<ul style="list-style-type: none"> cheese enchiladas (v) o blanched broccoli (chilled) 	
28	29	30	31	

Did you know

Broccoli originated in Italy, where it is called "Broccolo" or "cabbage sprout." The broccoli we eat is green, but the vegetable can sometimes be purple!

Lunch: choice of 1% or fat-free milk; fresh fruit available daily.

Dairy-free (DF) and vegetarian (V) options available daily – if not listed on the menu, available upon request.

o Vegetable of the day

