

AUGUST 2017

George O Barr Elementary Breakfast & Lunch Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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- Assorted Cereal
- Yogurt
- Fresh Pineapple Wedge
- Hamburger
- Fruit & Vegetable Choices
- Apple Slices
- Deli Roasters
- Celery Sticks

- Cinnamon Roll
- String Cheese Stick
- Applesauce
- Soft Taco
- Fruit & Vegetable Choices
- Orange Slices
- Refried Beans
- Shredded Lettuce
- Diced Tomatoes

- Apple Frudel
- Banana
- Sloppy Joe
- Fruit & Vegetable Choices
- Fresh Strawberries
- Carroteenies
- Cucumber Slices

- Maple Mini Pancakes
- Sliced Pears
- Crispy Chicken Sandwich
- Fruit & Vegetable Choices
- Sliced Peaches
- Broccoli Florets
- Corn

- Cinnamon Rush Mini French Toast
- Mixed Fruit
- Max Sticks
- Marinara Sauce
- Fruit & Vegetable Choices
- Fruit Choice
- Vegetable Choices
- Green Beans

- Assorted Cereal
- Colby Jack Cheese Stick
- Fresh Strawberries
- BBQ Rib Sandwich
- Fruit & Vegetable Choices
- Fresh Pineapple Wedge
- Chopped Romaine
- Grape Tomatoes
- Mandarin Oranges

- Purple Daze Smoothie
- Chocolate Elf Grahams
- Grapes
- Meat & Cheese Nachos
- Fruit & Vegetable Choices
- Apple Slices
- Refried Beans
- Salsa

- Frosted Strawberry Pop-Tart
- Banana
- Philly Cheesesteak Sandwich
- Fruit & Vegetable Choices
- Honeydew Wedge
- Baked Tater Tots
- Pepper Strips

- Chocolate Muffin
- Yogurt
- Orange Slices
- Chicken Nuggets
- Dinner Roll
- Fruit & Vegetable Choices
- Watermelon Wedge
- Mashed Potatoes

- Mini Cinnamon Rolls
- Sliced Peaches
- Cheese Pizza
- Fruit & Vegetable Choices
- Fruit Choice
- Vegetable Choices
- Green Beans

- Maple Glazed French Toast Sticks
- Syrup
- Applesauce
- Mini Corn Dogs (turkey)
- Fruit & Vegetable Choices
- Cantaloupe Wedge
- Baked Beans
- Celery Sticks

- Mini Breakfast Pizzas
- Sliced Peaches
- Walking Taco
- Fruit & Vegetable Choices
- Apple Slices
- Carroteenies
- Diced Tomatoes

- Assorted Cereal
- Bug Bite Graham Crackers
- Banana
- Turkey & Cheese Sandwich
- Reduced Fat Doritos
- Fruit & Vegetable Choices
- Fruit Cocktail
- Broccoli Florets
- Corn

- Breakfast Bites
- Syrup
- Pineapple Tidbits
- Mandarin Orange Chicken
- Fruit & Vegetable Choices
- Sliced Pears
- Vegetable Fried Rice
- Sugar Snap Peas

- Assorted Cereal Bars
- Yogurt
- Mandarin Oranges
- Pizza Crunchers
- Fruit & Vegetable Choices
- Fruit Choice
- Vegetable Choices
- Green Beans

- Oatmeal Bar
- Sliced Pears
- Hot Dog (turkey)
- Fruit & Vegetable Choices
- Grapes
- BBQ Baked Beans
- Celery Sticks

- Bacon Scramble Pizza (turkey)
- Fresh Strawberries
- Fiestada Pizza/Taco Pizza
- Fruit & Vegetable Choices
- Orange Slices
- Cucumber Slices
- Shredded Lettuce
- Diced Tomatoes

- Blueberry Muffin
- Banana
- Spaghetti w/ Meat Sauce
- Garlic Bread
- Fruit & Vegetable Choices
- Sliced Pears
- Chopped Romaine
- Mixed Fruit

- Assorted Cereal Bars
- Vanilla Goldfish Crackers
- Mixed Fruit
- Popcorn Chicken
- Fruit & Vegetable Choices
- Watermelon Wedge
- Mashed Potatoes
- Carroteenies

DID YOU KNOW...
August was named after Augustus Caesar

Breakfast
Our breakfast includes all items listed plus a choice of milk and juice.

Lunch
Our lunch includes all items listed plus a choice of milk.

Fruit & Veggie Choices
Students get to choose from a variety of fruits & veggies!

Fat free ranch offered daily for fresh vegetables.

For a color version of this menu and nutrition information, check out the food service department on the district website:
www.silvis34.net

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* Menu subject to change without notice*