



Lindop School District

August
2023



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|---|--|
| | 1 | 2 | 3 | 4 |
| 7 | 8 | 9 | 10 | 11 |
| 14 | 15 | 16 | 17 Breakfast Bowl Choice of Cereal Fun with D&J Crackers Juice Selection Fruit Selection Milk | 18 Choice of Cereal Fun with D&J Crackers Juice Selection Fruit Selection Milk Mini Waffles Choice of Cereal |
| 21 Choice of Egg Choice of Grain Choice of Cereal Fun with D&J Crackers Juice Selection Fruit Selection Milk | 22 Cheesy Ham Melt Choice of Cereal Fun with D&J Crackers Juice Selection Fruit Selection Milk | 23 Hot Ham & Cheese Bagel Choice of Cereal Fun with D&J Crackers Juice Selection Fruit Selection Milk | 24 Blueberry Breakfast Bark Choice of Cereal Fun with D&J Crackers Juice Selection Fruit Selection Milk | 25 Breakfast Banana Split or Yogurt Parfait Choice of Cereal Fun with D&J Crackers Juice Selection Fruit Selection Milk |
| 28 Choice of Blenderless Smoothie Choice of Cereal Fun with D&J Crackers Juice Selection Fruit Selection Milk | 29 Mini Bagels or Bagel w/ Cream Cheese Choice of Cereal Fun with D&J Crackers Juice Selection Fruit Selection Milk | 30 Breakfast Bowl Choice of Cereal Fun with D&J Crackers Juice Selection Fruit Selection Milk | 31 Long John or Mini Donuts Cheese Stick (with Mini Donuts) Choice of Cereal Fun with D&J Crackers Juice Selection Fruit Selection Milk | This is for Food 4 Thought |

PRICES

EXTRA INFO

Milk(1% & Skim White, Skim Chocolate)
available daily
Assorted fruits available daily

HARVEST OF



THE MONTH

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| | 1 | 2 | 3 | 4 |
| 7 | 8 | 9 | 10 | 11 |
| 14 | 15 | 16 | 17 Corn Dog Baked Beans Red/Orange Bell Pepper Applesauce Fresh Grapes | 18 Cheese Pizza Choice of Pizza Roasted Broccoli Red/Orange Bell Pepper Diced Pears Fresh Grapes |
| 21 Beef Hot Dog on a Bun FILL IN SPECIAL Golden French Fries Baby Carrots Peaches, Diced Banana | 22 Choice of Homemade Lasagna Garlic Toast Roasted Broccoli Baby Carrots Mixed Canned Fruit Banana Salsa | 23 Crispy Chicken Sandwich Steamed Peas Baby Carrots Pineapple Tidbits Banana | 24 Turkey Deli Sub Sandwich Choice of Deli Sandwich or Sub Spiced Pinto Beans Baby Carrots Applesauce Banana | 25 Toasted Cheese Sandwich Homemade Tomato Soup California Blend Vegetable Baby Carrots Diced Pears Banana |
| 28 Crispy Chicken Nuggets Whole Grain Dinner Roll Potato Wedges Cherry Tomato Peaches, Diced Fresh Pear | 29 Soft Beef Tacos FILL IN SPECIAL Roasted Broccoli Cherry Tomato Mixed Canned Fruit Fresh Pear Salsa | 30 Crispy Chicken Sandwich California Blend Vegetable Cherry Tomato Pineapple Tidbits Fresh Pear | 31 Chicken Alfredo w/Pasta Whole Grain Dinner Roll Green Beans Cherry Tomato Applesauce Fresh Pear | This is for Food 4 Thought |

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|---|--|---|--|--|
| | | | | <p>1</p> <p>Cheese Pizza Firenze Corn Salad Choice of Pizza</p> <p>Black Beans Cherry Tomato Diced Pears Fresh Pear</p> <p>This is for Food 4 Thought</p> |
| <p>4 NO SCHOOL</p> | <p>5</p> <p>Beefy Nachos w/Homemade Cheese Sauce Salsa Choice of Nachos or Tacos</p> <p>Refried Beans Broccoli Florets Mixed Canned Fruit Fresh Pear</p> | <p>6</p> <p>Choice of Quesadilla Salsa Crispy Chicken Sandwich</p> <p>Refried Beans Cherry Tomato Pineapple Tidbits Fresh Grapes</p> | <p>7</p> <p>Pasta with Meat Sauce Whole Grain Dinner Roll</p> <p>Roasted Broccoli Cherry Tomato Applesauce Fresh Grapes</p> | <p>8</p> <p>French Toast Sticks Sausage Patty Choice of Pizza</p> <p>Glazed Carrots Cherry Tomato Diced Pears Fresh Grapes</p> |
| <p>11</p> <p>Grilled Ham & Cheese Sandwich</p> <p>Roasted Broccoli Baby Carrots Peaches, Diced Banana</p> | <p>12</p> <p>Beef Hot Dog on a Bun FILL IN SPECIAL Salsa</p> <p>Roasted Corn Cherry Tomato Mixed Canned Fruit Fresh Grapes</p> | <p>13</p> <p>Meatloaf Whole Grain Dinner Roll</p> <p>Mashed Potatoes Baby Carrots Pineapple Tidbits Banana Gravy</p> | <p>14</p> <p>Cheeseburger on a Bun</p> <p>Kung Fu Carrots Baby Carrots Applesauce Banana</p> | <p>15</p> <p>Cheese Pizza Choice of Pizza Chef Salad</p> <p>California Blend Vegetable Baby Carrots Diced Pears Banana</p> |
| <p>18</p> <p>Macaroni & Cheese Whole Grain Dinner Roll</p> <p>Steamed Peas Broccoli Florets Peaches, Diced Fresh Pear</p> | <p>19</p> <p>Corn Dog Salsa FILL IN SPECIAL Baby Carrots Mixed Canned Fruit Banana Salsa</p> | <p>20</p> <p>Crispy Chicken Sandwich Crispy Chicken Sandwich</p> <p>Steamed Carrots Broccoli Florets Pineapple Tidbits Fresh Pear</p> | <p>21</p> <p>Popcorn Chicken Bowl Bread Stick</p> <p>Broccoli Florets Applesauce Fresh Pear</p> | <p>22</p> <p>5" Cheese Personal Pizza FILL IN SPECIAL Choice of Pizza</p> <p>Steamed Green Beans Broccoli Florets Diced Pears Fresh Pear</p> |
| <p>25</p> <p>Cheese Bosco Stick Marinara Sauce Whole Grain Dinner Roll</p> <p>Steamed Green Beans Red/Orange Bell Pepper Peaches, Diced Fresh Grapes</p> | <p>26</p> <p>Beefy Nachos w/Homemade Cheese Sauce Salsa Choice of Nachos or Tacos</p> <p>Black Beans Baby Carrots Mixed Canned Fruit Salsa Soft Beef Tacos FILL IN SPECIAL</p> | <p>27</p> <p>Orange Chicken Brown Rice</p> <p>Steamed Carrots Red/Orange Bell Pepper Pineapple Tidbits Fresh Grapes</p> | <p>28</p> <p>Beef Hot Dog on a Bun</p> <p>Baked Beans Red/Orange Bell Pepper Applesauce Fresh Grapes</p> | <p>29</p> <p>Cheese Pizza Garlic Toast Choice of Pizza</p> <p>Roasted Broccoli Red/Orange Bell Pepper Diced Pears Fresh Grapes</p> |

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|---|---|--|---|--|
| | | | | <p>1</p> <p>Choice of Cereal</p> <p>Choice of Cereal Fun with D&J Crackers</p> <p>Juice Selection Fruit Selection</p> <p>Milk</p> <p style="text-align: center;">This is for Food 4 Thought</p> |
| <p>4 NO SCHOOL</p> | <p>5</p> <p>Breakfast Sandwich</p> <p>Choice of Cereal Fun with D&J Crackers</p> <p>Juice Selection Fruit Selection</p> <p>Milk</p> | <p>6</p> <p>Choice of Muffin Cheese Stick</p> <p>Choice of Cereal Fun with D&J Crackers</p> <p>Juice Selection Fruit Selection</p> <p>Milk</p> | <p>7</p> <p>Cinnamon Roll</p> <p>Choice of Cereal Fun with D&J Crackers</p> <p>Juice Selection Fruit Selection</p> <p>Milk</p> | <p>8</p> <p>Choice of Cereal</p> <p>Choice of Cereal Fun with D&J Crackers</p> <p>Juice Selection Fruit Selection</p> <p>Milk</p> |
| <p>11</p> <p>Choice of Cereal</p> <p>Choice of Cereal Fun with D&J Crackers</p> <p>Juice Selection Fruit Selection</p> <p>Milk</p> | <p>12</p> <p>Brekkie</p> <p>Choice of Cereal Fun with D&J Crackers</p> <p>Juice Selection Fruit Selection</p> <p>Milk</p> | <p>13</p> <p>Choice of Snackbread Cheese Stick</p> <p>Choice of Cereal Fun with D&J Crackers</p> <p>Juice Selection Fruit Selection</p> <p>Milk</p> | <p>14</p> <p>Breakfast Bowl</p> <p>Choice of Cereal Fun with D&J Crackers</p> <p>Juice Selection Fruit Selection</p> <p>Milk</p> | <p>15</p> <p>Choice of Cereal Fun with D&J Crackers</p> <p>Juice Selection Fruit Selection</p> <p>Milk</p> |
| <p>18</p> <p>Choice of Cereal</p> <p>Choice of Cereal Fun with D&J Crackers</p> <p>Juice Selection Fruit Selection</p> <p>Milk</p> | <p>19</p> <p>Cheesy Ham Melt</p> <p>Choice of Cereal Fun with D&J Crackers</p> <p>Juice Selection Fruit Selection</p> <p>Milk</p> | <p>20</p> <p>Mini Waffles</p> <p>Choice of Cereal Fun with D&J Crackers</p> <p>Juice Selection Fruit Selection</p> <p>Milk</p> | <p>21</p> <p>Blueberry Breakfast Bark</p> <p>Choice of Cereal Fun with D&J Crackers</p> <p>Juice Selection Fruit Selection</p> <p>Milk</p> | <p>22</p> <p>Choice of Cereal FILL IN SPECIAL</p> <p>Choice of Cereal Fun with D&J Crackers</p> <p>Juice Selection Fruit Selection</p> <p>Milk</p> |
| <p>25</p> <p>Mini Bagels or Bagel w/ Cream Cheese</p> <p>Choice of Cereal Fun with D&J Crackers</p> <p>Juice Selection Fruit Selection</p> <p>Milk</p> | <p>26</p> <p>Blueberry Breakfast Bark</p> <p>Choice of Cereal Fun with D&J Crackers</p> <p>Juice Selection Fruit Selection</p> <p>Milk</p> | <p>27</p> <p>Ham, Egg & Cheese on Biscuit</p> <p>Choice of Cereal Fun with D&J Crackers</p> <p>Juice Selection Fruit Selection</p> <p>Milk</p> | <p>28</p> <p>Mini Pancakes</p> <p>Choice of Cereal Fun with D&J Crackers</p> <p>Juice Selection Fruit Selection</p> <p>Milk</p> | <p>29</p> <p>Choice of Blenderless Smoothie Choice of Grain</p> <p>Choice of Cereal Fun with D&J Crackers</p> <p>Juice Selection Fruit Selection</p> <p>Milk</p> |

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