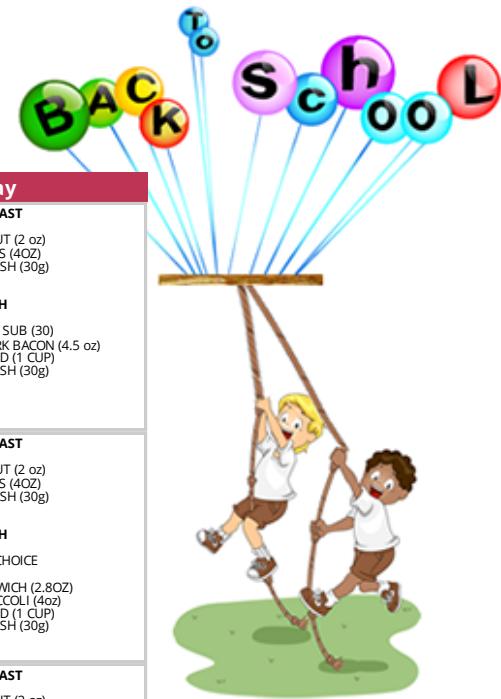


# August 2023

For the 23 - 24 school year,  
**ALL students will eat  
 Breakfast & Lunch at NO  
 CHARGE.**



Monday	Tuesday	Wednesday	Thursday	Friday
	1 <b>BREAKFAST</b> PIZZA, BREAKFAST (2.7 oz) ORANGE, FRESH (90g) JUICE ASSORTED 4OZ  <b>LUNCH</b> BBQ SANDWICH (4 oz) CORN, FROZEN (4 OZ) GREAT NORTHERN BEANS DICED PEARS (4OZ)	2 <b>BREAKFAST</b> BREAKFAST BREADS-ASSORTED (45-46) ORANGE, FRESH (90g) DICED PEARS (4OZ)  <b>LUNCH</b> MAC & CHEESE (6OZ) ROLL, WHOLE WHEAT (2oz) STEAMED BROCCOLI (4oz) ORANGE, FRESH (90g) SALAD, TOSSED (1 CUP)	3 <b>BREAKFAST</b> EGG & CHEESE BISCUIT JUICE ASSORTED 4OZ APPLE, FRESH (55g)  <b>LUNCH</b> BACON CHEESEBURGER (2.2OZ) POTATO SMILES (3OZ) LETTUCE AND TOMATO (6) DILL PICKLE SLICES (0) SLICED PEACHES (5 oz)	4 <b>BREAKFAST</b> SUPER DONUT (2 oz) DICED PEARS (4OZ) BANANA, FRESH (30g)  <b>LUNCH</b> TURKEY CLUB SUB (30) BAKED BEANS W/ PORK BACON (4.5 oz) SALAD, TOSSED (1 CUP) BANANA, FRESH (30g)
7 <b>BREAKFAST</b> ASSORTED CEREAL 2 OZ POPTARTS-ASSORTED 2 PACK 3.3 OZ APPLE, FRESH (55g) SLICED PEACHES (5 oz)  <b>LUNCH</b> BEEF MEATBALL SUB (28) CORN, FROZEN (4 OZ) BEANS, TACO FIESTA 20-21 APPLE, FRESH (55g)	8 <b>BREAKFAST</b> PANCAKE ON STICK (2.7 OZ) JUICE ASSORTED 4OZ ORANGE, FRESH (90g)  <b>LUNCH</b> PHILLY STEAK QUESADILLA (2.5 oz) GREEN PEAS (12) CALIFORNIA BLEND VEGGIES (1 CUP) DICED PEARS (4OZ)	9 <b>BREAKFAST</b> POWDERED DONUTS (41) ORANGE, FRESH (90g) DICED PEARS (4OZ)  <b>LUNCH</b> MANAGER CHOICE  CORN DOG (4OZ) MASHED POTATOES (17) GREEN BEANS (11) ORANGE, FRESH (90g)	10 <b>BREAKFAST</b> CINNAMON BUN (30) JUICE ASSORTED 4OZ APPLE, FRESH (55g)  <b>LUNCH</b> MANAGER CHOICE  CHICKEN NUGGETS HS (2oz) FRENCH FRIES (15) SLICED PEACHES (5 oz) FRESH FRUIT	11 <b>BREAKFAST</b> SUPER DONUT (2 oz) DICED PEARS (4OZ) BANANA, FRESH (30g)  <b>LUNCH</b> MANAGER CHOICE  RIB-B-QUE SANDWICH (2.8OZ) STEAMED BROCCOLI (4oz) SALAD, TOSSED (1 CUP) BANANA, FRESH (30g)
14 <b>BREAKFAST</b> POPTARTS-ASSORTED 2 PACK 3.3 OZ ASSORTED CEREAL 2 OZ BUG BITES GRAHAM CRACKERS (21) APPLE, FRESH (55g) SLICED PEACHES (5 oz)  <b>LUNCH</b> FRENCH CHEESE BREAD PIZZA (28) CORN, FROZEN (4 OZ) STEAMED BROCCOLI (4oz) APPLE, FRESH (55g)	15 <b>BREAKFAST</b> SAUSAGE BISCUIT (25) JUICE ASSORTED 4OZ ORANGE, FRESH (90g)  <b>LUNCH</b> MEATLOAF SANDWICH 20-21 PINTO BEANS (4.5 oz) TOMATOES, CHERRY (50 g) DICED PEARS (4OZ) FRESH FRUIT	16 <b>BREAKFAST</b> CINNAMON BUN (30) ORANGE, FRESH (90g) DICED PEARS (4OZ)  <b>LUNCH</b> CHICKEN WINGS (1) ROLL, WHOLE WHEAT (2oz) SWEET POTATO SOUFFLE (59) VEGGIE CUP (12) ORANGE, FRESH (90g)	17 <b>BREAKFAST</b> WAFFLE, MINI, MAPLE 20-21 JUICE ASSORTED 4OZ APPLE, FRESH (55g)  <b>LUNCH</b> SLOPPY JOE ON BUN (35) FRENCH FRIES (15) BAKED BEANS W/ PORK BACON (4.5 oz) SLICED PEACHES (5 oz)	18 <b>BREAKFAST</b> SUPER DONUT (2 oz) DICED PEARS (4OZ) BANANA, FRESH (30g)  <b>LUNCH</b> PENNE WITH MEATBALLS (31) BREADSTICK, GARLIC (2 oz) SPINACH, FROZEN 20-21 SALAD, TOSSED (1 CUP) BANANA, FRESH (30g)
21 <b>BREAKFAST</b> ASSORTED CEREAL 2 OZ POPTARTS-ASSORTED 2 PACK 3.3 OZ APPLE, FRESH (55g) SLICED PEACHES (5 oz)  <b>LUNCH</b> CHICKEN FILLET (3 oz) STEAMED CARROTS (6) VEGGIE CUP (12) APPLE, FRESH (55g)	22 <b>BREAKFAST</b> PIZZA, BREAKFAST (2.7 oz) JUICE ASSORTED 4OZ ORANGE, FRESH (90g)  <b>LUNCH</b> BEEF & CHEESE NACHOS (46) CORN, FROZEN (4 OZ) GREAT NORTHERN BEANS DICED PEARS (4OZ)	23 <b>BREAKFAST</b> BREAKFAST BREADS-ASSORTED (45-46) ORANGE, FRESH (90g) DICED PEARS (4OZ)  <b>LUNCH</b> PHILLY CHEESESTEAK SUB(2.5OZ) STEAMED BROCCOLI (4oz) ORANGE, FRESH (90g) SALAD, TOSSED (1 CUP)	24 <b>BREAKFAST</b> EGG & CHEESE BISCUIT JUICE ASSORTED 4OZ TERIYAKI NUGGETS APPLE, FRESH (55g)  <b>LUNCH</b> CHICKEN QUESADILLA (36) POTATO SMILES (3OZ) LETTUCE AND TOMATO (6) DILL PICKLE SLICES (0) SLICED PEACHES (5 oz)	25 <b>BREAKFAST</b> SUPER DONUT (2 oz) DICED PEARS (4OZ) BANANA, FRESH (30g)  <b>LUNCH</b> HOT DOG ON A BUN (24) BAKED BEANS W/ PORK BACON (4.5 oz) SALAD, TOSSED (1 CUP) BANANA, FRESH (30g)
28 <b>BREAKFAST</b> POPTARTS-ASSORTED 2 PACK 3.3 OZ ASSORTED CEREAL 2 OZ BUG BITES GRAHAM CRACKERS (21) APPLE, FRESH (55g) SLICED PEACHES (5 oz)  <b>LUNCH</b> FRENCH CHEESE BREAD PIZZA (28) CORN, FROZEN (4 OZ) STEAMED BROCCOLI (4oz) APPLE, FRESH (55g)	29 <b>BREAKFAST</b> PIZZA, BREAKFAST (2.7 oz) ORANGE, FRESH (90g) JUICE ASSORTED 4OZ  <b>LUNCH</b> BBQ SANDWICH (4 oz) CORN, FROZEN (4 OZ) GREAT NORTHERN BEANS DICED PEARS (4OZ)	30 <b>BREAKFAST</b> BREAKFAST BREADS-ASSORTED (45-46) ORANGE, FRESH (90g) DICED PEARS (4OZ)  <b>LUNCH</b> MAC & CHEESE (6OZ) ROLL, WHOLE WHEAT (2oz) STEAMED BROCCOLI (4oz) ORANGE, FRESH (90g) SALAD, TOSSED (1 CUP)	31 <b>BREAKFAST</b> EGG & CHEESE BISCUIT JUICE ASSORTED 4OZ TERIYAKI NUGGETS APPLE, FRESH (55g)  <b>LUNCH</b> BACON CHEESEBURGER (2.2OZ) POTATO SMILES (3OZ) LETTUCE AND TOMATO (6) DILL PICKLE SLICES (0) SLICED PEACHES (5 oz)	ASSORTED MILK OFFERED DAILY AT BREAKFAST AND LUNCH

**MENUS ARE SUBJECT TO  
 CHANGE WITHOUT  
 NOTICE DUE TO  
 WEATHER, CALENDAR  
 CHANGES AND/OR  
 PRODUCT AVAILABILITY.**

<http://childnutrition.ncpublicschools.gov/information-resources/civil-rights/nondiscriminationeng.pdf>