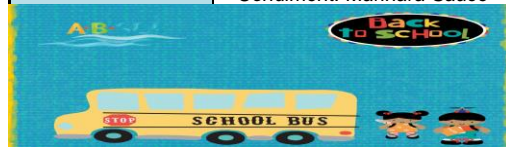




# BGCS & AMS

## Breakfast/Lunch Menu for August and September 2023

BREAKFAST MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>M/MA or Grains</b>	**WG Cheerios/Corn Flakes	**WG French Toast Sticks	Egg Patty, **WG Slice Bread	** WG Pancakes	**WG Cheerios/Corn Flakes
<b>Fruit or Veg</b>	Diced Pears	Applesauce	Mandarin Orange	Banana	Diced Peaches
<b>Milk</b>	K5-8th: Apple Juice	K5-8th: Orange Juice	K5-8th: Fruit Punch Juice	K5-8th: Orange Juice	K5-8th: Apple Juice
LUNCH MEAL PATTERN					
<b>M/MA</b> <b>Vegetables</b> <b>Fruit</b> <b>Grains</b> <b>Milk</b>			<b>8/23/2023</b>	<b>8/24/2023</b>	<b>8/25/2023</b>
			Chicken Fajitas Vegetarian Beans Pineapple Tidbits *WG Tortilla  <i>Condiment: Salsa</i>	Sliced Turkey w/Gravy Mashed Potato/Peas Grapes *WG Slice Bread  <i>Condiment: Ranch</i>	Cheeseburger Potato Wedges/Cucumbers Pears *WG Bun  <i>Condiment: Ketchup/Mayo</i>
<b>M/MA</b> <b>Vegetables</b> <b>Fruit</b> <b>Grains</b> <b>Milk</b>	<b>8/28/2023</b>	<b>8/29/2023</b>	<b>8/30/2023</b>	<b>8/31/2023</b>	<b>9/1/2023</b>
	Chicken Parmesan Fresh Broccoli/Mixed Veggies Fresh Orange *WG Bun	Hard Shells Tacos/ cheese Pinto Beans/lettuce Pineapple Tidbits Wg Shells  <i>Condiment: Salsa</i>	Chicken Alfredo California Blend/Broccoli Cuts Mandarin Oranges **WG Pasta  <i>Condiment: Ranch</i>	Turkey Mini Corn Dogs Potato Wedges/Celery Sticks Peaches  <i>Condiment: Ketchup/Ranch</i>	Grilled Cheese Sandwich Carrots coins/Mixed Vegetables Fresh Apple  <i>Condiment: Ranch</i>
<b>M/MA</b> <b>Vegetables</b> <b>Fruit</b> <b>Grains</b> <b>Milk</b>	<b>9/4/2023</b>	<b>9/5/2023</b>	<b>9/6/2023</b>	<b>9/7/2023</b>	<b>9/8/2023</b>
	<b>Labor Day</b>	Ham & Cheese Sandwich Broccoli Cuts/Baby Carrots Banana/**WG Bread  <i>Condiment: Ranch/Mayo</i>	Beef Meatballs Carrot Coins/Celery Sticks Golden Apple **WG Spaghetti	Turkey Hot dog Baked Beans/Sweet Corn Apricot *WG Bun  <i>Condiment: Ketchup</i>	**WG Chicken Nuggets Baked Fries/Cherry Tomatoes Pineapple Tidbits  <i>Condiment: Ketchup</i>
<b>M/MA</b> <b>Vegetables</b> <b>Fruit</b> <b>Grains</b> <b>Milk</b>	<b>9/11/2023</b>	<b>9/12/2023</b>	<b>9/13/2023</b>	<b>9/14/2023</b>	<b>9/15/2023</b>
	Bean Tostada Peas/Lettuce/Tomato/Cheese Banana  <i>Condiment: Salsa</i>	Beef Patty w/Gravy Vegetarian Beans/Fresh Broccoli Applesauce WG rice/ WG Dinner Roll  <i>Condiment: Ranch</i>	Garlic Cheese Pizza Baby Carrots/Cucumbers Pineapple Tidbits  <i>Condiment: Ranch</i>	Popcorn Chicken Tater Tots/ Broccoli Cuts Mixed Fruit  <i>Condiment: Ketchup</i>	Cheese Quesadilla Sweet Corn/Cherry Tomatoes Grapes  <i>Condiment: Ranch</i>
<b>M/MA</b> <b>Vegetables</b> <b>Fruit</b> <b>Grains</b> <b>Milk</b>	<b>9/18/2023</b>	<b>9/19/2023</b>	<b>9/20/2023</b>	<b>9/21/2023</b>	<b>9/22/2023</b>
	Cuban Black Beans Peas & Carrots/ Cucumber Fresh Orange  <i>Condiment: Ranch</i>	Chicken and cheese soft tacos Vegetarian beans/lettuce Mixed fruit WG Tortilla  <i>Condiment: Ranch</i>	Mac & Cheese Sweet Corn/Baby Carrots Peaches  <i>Condiment: Ranch</i>	Fish Stick Mashed Potatoes Peas Mandarin Orange  <i>Condiment: Tarta Sauce</i>	Chicken Patty Carrot Coins/Fresh Broccoli Mandarin Orange *WG Bun  <i>Condiment: Mayo/Ranch</i>
<b>M/MA</b> <b>Vegetables</b> <b>Fruit</b> <b>Grains</b> <b>Milk</b>	<b>9/25/2023</b>	<b>9/26/2023</b>	<b>9/27/2023</b>	<b>9/28/2023</b>	<b>9/29/2023</b>
	Mozzarella Pizza Sticks Sweet Corn/Baby Carrots Applesauce  <i>Condiment: Marinara Sauce</i>	Turkey Mini Corn Dogs Sweet Potato Fries/Cucumbers Banana  <i>Condiment: Ketchup</i>	Chicken Parmesan Fresh Broccoli/Mixed Veggies Fresh Orange *WG Bun  <i>Condiment: Ranch</i>	Meat Sauce Carrot Coins/Celery Sticks Golden Apple **WG Spaghetti  <i>Condiment: Ranch</i>	<b>Professional Day</b>



\*Whole Wheat  
 \*\*Whole Grain  
 \*\*\*All meals include ½ pint of milk. Students may choose 1% low-fat Unflavored or Fat Free Flavored Milk



This Institution is an equal opportunity provider  
 Menu subject to change without notice

T. Bonett