



Triumph Menu August 2016

USDA and this institution are equal opportunity providers and employers.

	Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4	5
Break-fast	NO SCHOOL	NO SCHOOL	Pancake on a Stick & Seasonal Fruit	Waffle Turkey Sausage & Seasonal Fruit	Fruit Muffin & Seasonal Fruit
Lunch			Mini Turkey Corn Dog with Baked Fries & Seasonal Fruit	Cheese Quesadilla with Black Beans & Seasonal Fruit	Mini Hamburger with Baked Fries & Seasonal Fruit
Snack			Pretzels Sliced Apples	Wheat Thins Sliced Oranges	Fruit Yogurt Seasonal Fruit
	8	9	10	11	12
Break-fast	Bagel Half with Cream Cheese & Seasonal Fruit	Egg & Cheese English Muffin & Seasonal Fruit	Pancakes Turkey Sausage & Seasonal Fruit	French Toast Turkey Sausage & Seasonal Fruit	Cheerios with Yogurt & Seasonal Fruit
Lunch	Chicken Sandwich with Mixed Veggies & Seasonal Fruit	Bean & Cheese Burrito with Brown Rice & Seasonal Fruit	Popcorn Chicken with Baked Fries & Seasonal Fruit	Macaroni & Cheese with Green Bean & Seasonal Fruit	Cheese Pizza with Tossed Green Salad & Seasonal Fruit
Snack	Nabisco Nilla Wafers Fresh Banana	"Ants on a Log" Celery Stick, Soy Butter, Raisins & Seasonal Fruit	Carrots & Celery Goldfish Crackers	Fruit Yogurt Seasonal Fruit	Cheez-its Seasonal Fruit
	15	16	17	18	19
Break-fast	Yogurt with Granola & Seasonal Fruit	Biscuit Turkey Sausage & Seasonal Fruit	Pancake on a Stick & Seasonal Fruit	Waffle Turkey Sausage & Seasonal Fruit	Fruit Muffin & Seasonal Fruit
Lunch	Cheese Enchilada with Black Beans & Seasonal Fruit	Turkey Hot Dog Baked Fries & Seasonal Fruit	Chicken Nuggets with Seasoned Corn & Seasonal Fruit	Turkey Sandwich with Tossed Green Salad & Seasonal Fruit	Mini Hamburger with Baked Fries & Seasonal Fruit
Snack	Animal Crackers Fresh Banana	Cheese Stick Saltine Crackers	Pretzels Sliced Apples	Cheez-its Sliced Oranges	Fruit Yogurt Seasonal Fruit
	22	23	24	25	26
Break-fast	Bagel Half with Cream Cheese & Seasonal Fruit	Egg & Cheese English Muffin & Seasonal Fruit	Pancakes Turkey Sausage & Seasonal Fruit	French Toast Turkey Sausage & Seasonal Fruit	Cheerios with Yogurt & Seasonal Fruit
Lunch	Cheese Quesadilla with Black Beans & Seasonal Fruit	Turkey Sandwich with Tossed Green Salad & Seasonal Fruit	Chicken Strips with Mixed Veggies & Seasonal Fruit	Turkey Hot Dog Baked Fries & Seasonal Fruit	Cheese Pizza with Tossed Green Salad & Seasonal Fruit
Snack	Nabisco Nilla Wafers Fresh Banana	"Ants on a Log" Celery Stick, Soy Butter, Raisins & Seasonal Fruit	Carrots & Celery Goldfish Crackers	Fruit Yogurt Seasonal Fruit	Cheez-its Seasonal Fruit
	29	30	31		
Break-fast	Yogurt with Granola & Seasonal Fruit	Biscuit Turkey Sausage & Seasonal Fruit	Pancake on a Stick & Seasonal Fruit		
Lunch	Spaghetti with Mixed Veggies & Seasonal Fruit	Fish Sticks With Green Beans & Seasonal Fruit	Chicken Nuggets with Seasoned Corn & Seasonal Fruit		
Snack	Animal Crackers Fresh Banana	Cheese Stick Saltine Crackers	Pretzels Sliced Apples		



Low-fat milk is served with every breakfast and lunch.
Breakfast Prices: \$1.50 paid, \$.30 reduced*, \$3.00 Adults,
Lunch Prices: \$2.55 paid, \$.40 reduced*, \$3.00 Adults

*You may qualify for free or reduced price meals. Applications are available at all schools and the district office. For questions regarding the food service program, call the food service office at 916.649.7844