



Choice of up to 1 Milk

AUGUST | 2017

Chattanooga Girls Leadership Academy Lunch

MONDAY	TUESDAY	WEDNESDAY	Menu THURSDAY	FRIDAY
	1	2	3 <u>First Day of School</u> School Cookout	4 <u>Grab & Go Bag Lunch</u> Deluxe Hoagie w/ Turkey Deli Meat (2 oz), Spinach (1/2 cup), 2 slices cucumber, 1 slice tomato, & Provolone Cheese (1 oz) Mayo and Mustard Carrots w Ranch Cup Fresh Pear Baked Lays Low Fat Milk
7 Whole Grain Cheese Quesadilla House Salad Bar featuring Jicama Choice of up to 2 Fruits* Choice of up to 1 Milk	8 Build Your Own Hamburger on Whole Grain Bun House Salad Bar featuring Corn Choice of up to 2 Fruits* Choice of up to 1 Milk	9 Whole Grain Personal Pizza Caesar Salad Bar featuring Great Northern Beans Choice of up to 2 Fruits* Choice of up to 1 Milk	10 Whole Grain Soy Butter and Jam Sandwich Featuring Baked Potato Bar Choice of up to 2 Fruits* Choice of up to 1 Milk Whole Grain Goldfish Graham Cracker	11 Build Your Own Hamburger on Whole Grain Bun House Salad Bar featuring Baked Beans Choice of up to 2 Fruits* Choice of up to 1 Milk
14 Grilled Chicken Sandwich on Whole Grain Bun Caesar Salad Bar featuring Lima Beans Choice of up to 2 Fruits* Choice of up to 1 Milk	15 Whole Grain Breaded Spicy Chicken Patty Whole Grain Hamburger Bun featuring Kidney Beans Choice of up to 2 Fruits* Choice of up to 1 Milk	16 Whole Soy Butter and Jelly Sandwiches House Salad Bar featuring Blackeye Peas Choice of up to 2 Fruits* Choice of up to 1 Milk	17 Whole Grain Chicken Quesadilla House Salad Bar featuring Jicama Choice of up to 2 Fruits* Choice of up to 1 Milk	18 Build Your Own Turkey Burger on Whole Grain Bun House Salad Bar featuring Baked Beans Choice of up to 2 Fruits* Choice of up to 1 Milk
21 Grilled Chicken Salad Carrot and Celery Sticks Featuring Baked Potato Bar Whole Grain Roll Choice of up to 2 Fruits* Choice of up to 1 Milk	22 Whole Grain Pizza Sticks Marinara Sauce Caesar Salad Bar featuring Lima Beans Choice of up to 2 Fruits* Choice of up to 1 Milk	23 Build Your Own Shaker Salad Diced Ham, Hard boiled eggs. Salad bar featuring Garbanzo Beans Choice of up to 2 Fruits* Choice of up to 1 Milk	24 Whole Grain Breaded Spicy Chicken Sandwich on Whole Grain Bun House Salad Bar featuring Baked Beans Choice of up to 2 Fruits* Choice of up to 1 Milk	25 Deluxe Turkey Hoagie Carrots w Ranch Cup Choice of up to 2 Fruits* Choice of up to 1 Milk
28	29	30	31	

News

Welcome back to School!!

Lunch Includes

- **Choice of 1 Entrée (includes meat/ meat alternative & grain)**
- **Choice of up to 2 vegetable ***
- **Choice of up to 2 fruits ***
- **Choice of up to 1 Milk**

***A lunch must include 1/2 cup of fruit or vegetable and 2 full other components**

***Middle school students receive a maximum of 1 fruit with their lunch**

Other Daily Lunch Entrée Options:

>Soy Butter and Jam Sandwich with Mozzarella Cheese Stick and Whole Grain Animal Crackers

>Yogurt and Whole Grain Granola with Sun Butter Cup and Whole Grain Goldfish Graham Cracker