

PSAS Breakfast/Lunch Menu



Aug 24th-27th	Monday	Tuesday	Wednesday	Thursday
BREAKFAST	Grain: Blueberry Pop Tart Fruit: Applesauce Juice: 100% Grape Juice Milk: 1% Milk or Fat Free Chocolate Milk	Grain: Apple Cinnamon Muffin or Cinnamon Toast Crunch Bar Fruit: Fresh Bananas Juice: 100% Orange Juice Milk: 1% Milk or Fat Free Chocolate Milk	Grain: Assorted Cereal or Trix Cereal Bar Fruit: Fresh Orange Juice: 100% Grape Juice Milk: 1% Milk or Fat Free Chocolate Milk	Grain: Fruit Yogurt w/ Granola Fruit: Fresh Grapes Juice: 100% Apple Juice Milk: 1% Milk or Fat Free Chocolate Milk
LUNCH	Entree: *WG Chicken Nuggets Vegetable: Roasted Potatoes and Corn Fruit: Fresh Orange Milk: 1% Milk or Fat Free Chocolate Milk	Entree: Orange Chicken Grain: Brown Rice Vegetable: Roasted Snap Peas & Broccoli Fruit: Fresh Apple Milk: 1% Milk or Fat Free Chocolate Milk	Entree: Swedish Meatballs Grain: *WG Elbow Pasta Vegetable: Green Peas Fruit: Fresh Banana Milk: 1% Milk or Fat Free Chocolate Milk	Entree: Bean Chili Grain: Cheesy Breadstick Vegetable: Carrots Fruit: Fresh Banana Milk: 1% Milk or Fat Free Chocolate Milk

*WG-Whole Grain

*LS- Low Sodium

*This institution is an equal opportunity provider.