

August 2021



Atwood Dist. 125 Cold Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
		25th Smoked Turkey Sandwich 1 oz Smoked Turkey 1 oz String Cheese 2 oz WG Bread 1/2 c Fresh Jicama 1/4 c Fresh Broccoli 1/2c Fresh Pear Mustard	26th Popcorn Chicken Salad 2 oz Popcorn Chicken 1 oz Breading 1 cup Spinach Salad 1/4 c Mexicali Corn * 1/2 c Diced Peaches Cup Ranch Dressing 1 oz Apple Smiley Delight	27th Yogurt & Granola 1 oz Fruit Yogurt 1 oz Sunflower Seeds 1 oz Granola 1/2 c Wango Mago Juice 1/4 c Fresh Celery 1/2 c Raisins Ranch Dressing
30th Cheesy Tortilla 2 oz Shredded Mozz, Cheddar 1 oz 6" Tortilla 1/2 c Fresh Jicama 1/4 c Baby Carrots 1/2 c Fruit Punch Juice Ranch Dressing 1 oz Animal Crackers	31st Buffalo Popcorn Chicken 2 oz Popcorn Chicken 1 oz Breading 1/2 c Wango Mango Juice 1/4 c Homemade Potato Salad 1/2 c Fresh Apple Ranch Dressing			



Monday	Tuesday	Wednesday	Thursday	Friday
		1st Bagel Day 2 oz WG Bagel 1 oz Fruit Yogurt 1/2 c BBQ Three Bean Salad 1/4 c Cucumber Slices 1/2 c Fresh Pear Ranch Dressing	2nd Turkey & Swiss Sandwich 1.5 oz Turkey Ham & Swiss 2 oz WG Bread 1/2 c Fresh Celery 1/4 c Grape Tomatoes 1/2 c Fresh Orange Mustard	3rd Chicken Ham & Cheese Croissant 1.15 oz Chicken Ham & Mozzarella 2 oz WG Croissant 1 cup Spinach Salad 1/4 c Red Bell Pepper Slices 1/2 c Fresh Plum Mayo Mustard
6th No School 	7th WOWButter & Jelly Sandwich 1 oz WOWButter 2 oz WG Bread 1/2 c Sunset Sip Juice 1/4 c Baby Carrots 1/2 c Diced Pears Cup Ranch Dressing	8th Chicken Nachos 2.5 oz Chicken/Cheddar Cheese 1.25 o Tortilla Chips 1/2 c Fresh Jicama 1/4 c Mild Salsa Cup 1/2 c Fresh Plum	9th Chef Salad 2 oz Turkey Bologna & Cheese 1 oz Dinner Roll 1 cup Spinach Salad 1/4 c Sliced Tomatoes 1/2 c Craisins Ranch Dressing	10th Flatbread Cheese Pizza 2 oz Mozzarella Cheese 2 oz Flatbread 1/2 c Fresh Celery 1/4 c Pizza Sauce Cup 1/2 c Applesauce 1 oz Cereal Bar
13th Yogurt & Granola 1 oz Fruit Yogurt 1 oz Sunflower Seeds 1 oz Granola 1/2 c Wango Mago Juice 1/4 c Fresh Celery 1/2 c Raisins Ranch Dressing	14th Chicken & Cheese Wrap 2 oz Chicken/ Shredded Mozz. 1 oz 6" Tortilla 1/2 c BBQ Three Bean Salad 1/4 c Fresh Cauliflower 1/2 c Grape Juice Ranch Dressing Animal Crackers	15th Smoked Turkey Sandwich 1 oz Smoked Turkey 1 oz String Cheese 2 oz WG Bread 1/2 c Fresh Jicama 1/4 c Fresh Broccoli 1/2c Fresh Pear 1 oz Mustard	16th Popcorn Chicken Salad 2 oz Popcorn Chicken 1 oz Breading 1 cup Spinach Salad 1/4 c Mexicali Corn 1/2 c Diced Peaches Cup Ranch Dressing Apple Smiley Delight	17th Cold Cheese Pizza 2 oz Cheese 2 oz Crust 1/2 c Fresh Spinach 1/4 c Red Bell Pepper Slices 1/2 c Fresh Pear Ranch Dressing
20th WOWButter & Jelly Sandwich 1 oz WOWButter 2 oz WG Bread 1/2 c Sunset Sip Juice 1/4 c Baby Carrots 1/2 c Fresh Orange Ranch Dressing	21st Deli Combo on Bun 2 oz Chicken Ham, Turkey Breast, Cheese 2 oz WG Bun 1/2 c Fresh Jicama 1/4 c Fresh Celery 1/2 c Grape Juice Mustard Mayo	22nd BBQ Popcorn Chicken 2 oz Popcorn Chicken 1 oz Breading 1/2 c Seasoned Black Beans 1/4 c Cucumber Slices 1/2 c Fresh Kiwi Ranch Dressing <i>First Day of Autumn</i>	23rd Cold Cheese Pizza 2 oz Cheese 2 oz Crust 1/2 c Fresh Spinach 1/4 c Grape Tomatoes 1/2 c Craisins Ranch Dressing	24th Grilled Nuggets 2 oz Nuggets 1 oz Pasta Salad 1/2 c (Vegetable Medly) 1/2 c Dragon Punch Juice 1/2 c Green Apple Ketchup Apple Smiley Delight
27th Cheesy Tortilla 2 oz Shredded Mozz, Cheddar 1 oz 6" Tortilla 1/2 c Fresh Jicama 1/4 c Baby Carrots 1/2 c Fruit Punch Juice Ranch Dressing Animal Crackers	28th Buffalo Popcorn Chicken 2 oz Popcorn Chicken 1 oz Breading 1/2 c Wango Mango Juice 1/4 c Homemade Potato Salad 1/2 c Fresh Apple Ranch Dressing	29th Flatbread Cheese Pizza 2 oz Mozzarella Cheese 2 oz Flatbread 1/2 c Fresh Celery 1/4 c Pizza Sauce Cup 1/2 c Applesauce 1 oz Cereal Bar	30th Chef Salad 2 oz Turkey Bologna & Cheese 1 oz Dinner Roll 1 cup Spinach Salad 1/4 c Sliced Tomatoes 1/2 c Craisins Ranch Dressing	