



# August 2018

## Elementary Lunch Empire, Fremont, Mark Twain

		<b>1</b>	<b>2</b>	<b>3</b>
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
<b>Breaded Chicken Drumstick w/ Roll</b> Cheeseburger Ham Sandwich	Spaghetti w/ Meatballs & Roll <b>Boneless Wings w/ Roll</b> Egg Chef Salad w/ Roll	Chicken & Chili Crispos <b>Bean &amp; Cheese Burrito</b> Fruit & Cheese Plate w/ Roll	Crispy Beef Tacos <b>Chicken Nuggets w/ Roll</b> Turkey & Cheese Sub	<b>Pepperoni Pizza</b> Chicken Patty Sandwich All American Wrap
Mashed Potatoes Fresh Broccoli Garden Salad Orange Wedges Mixed Fruit	Green Beans Baby Carrots Garden Salad Apple Slices Diced Pears	Whole Kernel Corn Fresh Cucumbers Garden Salad Fresh Banana Diced Peaches	Refried Beans Celery Sticks Garden Salad Applesauce Mixed Berry Fruit Cup	Baby Carrots Fresh Cauliflower Garden Salad Fresh Apple 100% Fruit Juice Fresh Orange
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>
<b>Fish Bites w/ Roll</b> Meatball Sub Make Your Own Pepperoni Pizza Bagel	BBQ Pulled Pork Sandwich <b>Chicken Tenders w/ Roll</b> Turkey Sub	Penne with Meatsauce & Roll <b>Italian Dunkers w/ Marinara</b> All American Sandwich	Spicy Chicken Sandwich <b>Hotdog on Bun</b> Turkey Chef Salad w/ Roll	<b>Cheese Pizza</b> BBQ Riblet Sandwich Sunbutter & Jelly Sandwich
Seasoned Crissscut Fries Grape Tomatoes Garden Salad Orange Wedges Mixed Fruit	Roasted Cauliflower Garden Salad Fresh Cucumbers Apple Slices Diced Pears	Green Beans Celery Sticks Garden Salad Fresh Banana Diced Peaches	Campfire Beans Baby Carrots Garden Salad Applesauce Fresh Orange	Whole Kernel Corn Fresh Broccoli Garden Salad Mixed Berry Fruit Cup 100% Fruit Juice Fresh Apple



**Choose and Entree:** Our featured hot entrée, a hot handheld favorite; and a salad or a sandwich  
**Take up to 3 sides:**  
 Each meal includes: fresh varieties of fruit, and a healthful rotation of vegetables

**Menu Subject to change**

### Additional Information

#### Meal Prices

Breakfast—\$1.50 Lunch \$2.85  
**NO charge for students at Empire**



**Grain Choice**  
 We use only heart-healthy whole grain breads and rolls



**Milk Choice**  
 1% low fat & unflavored/  
 flavored fat-free choices \$.50