

# August

## TANGI LUNCH



Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
7	8	9	<ul style="list-style-type: none"> <li>• <b>crispy chicken sandwich (df)</b></li> <li>• <b>NEW!</b> honey mustard grilled chicken salad</li> </ul> ○ steamed corn 10	<ul style="list-style-type: none"> <li>• <b>NEW!</b> uncle ted's bbq chicken drumstick w/ cheesy rice</li> <li>• <b>mighty meaty deli sandwich</b></li> </ul> ○ steamed carrots 11
<ul style="list-style-type: none"> <li>• <b>hot meatball sub</b></li> <li>• <b>bfast for lunch: pancakes &amp; chicken sausage</b></li> </ul> ○ steamed corn 14	<ul style="list-style-type: none"> <li>• <b>chicken bites (df)</b></li> <li>• <b>turkey &amp; cheese sandwich</b></li> </ul> ○ smoky black eyed peas & baby carrots w/ ranch 15	<ul style="list-style-type: none"> <li>• <b>beef cheeseburger</b></li> <li>• <b>sesame chicken salad</b></li> </ul> ○ coleslaw 16	<ul style="list-style-type: none"> <li>• <b>NEW!</b> buffalo chicken pizza</li> <li>• <b>firecracker chicken &amp; noodles</b></li> </ul> ○ blanched broccoli (chilled) 17	<ul style="list-style-type: none"> <li>• <b>revolution hot dog (df)</b></li> <li>• <b>southwest veggie wrap (v)</b></li> </ul> ○ steamed carrots 18
<ul style="list-style-type: none"> <li>• <b>bfast for lunch: pancakes &amp; omelet (v)</b></li> <li>• <b>turkey &amp; cheese sandwich</b></li> </ul> ○ seasoned green beans (chilled) 21	<ul style="list-style-type: none"> <li>• <b>baked mac &amp; cheese w/ chicken bites</b></li> <li>• <b>chicken salad sandwich (df)</b></li> </ul> ○ warm pinto beans & blanched broccoli (chilled) w/ ranch 22	<ul style="list-style-type: none"> <li>• <b>oven roasted chicken sandwich (df)</b></li> <li>• <b>mighty meaty deli sandwich</b></li> </ul> ○ chopped lettuce & sliced tomatoes 23	<ul style="list-style-type: none"> <li>• <b>spaghetti &amp; meatballs (df)</b></li> <li>• <b>ham &amp; cheese sandwich</b></li> </ul> ○ steamed corn 24	<ul style="list-style-type: none"> <li>• <b>cheesy chicken quesadilla</b></li> <li>• <b>garden ranch salad w/ chicken</b></li> </ul> ○ glazed carrots 25
<ul style="list-style-type: none"> <li>• <b>crispy chicken sandwich (df)</b></li> <li>• <b>turkey &amp; cheese sandwich</b></li> </ul> ○ steamed corn 28	<ul style="list-style-type: none"> <li>• <b>NEW!</b> uncle ted's bbq chicken drumstick w/ cheesy rice</li> <li>• <b>fiesta scoops &amp; three layer dip (v)</b></li> </ul> ○ celery sticks w/ ranch 29	<ul style="list-style-type: none"> <li>• <b>turkey cheddar flatbread melt</b></li> <li>• <b>ham &amp; cheese sandwich</b></li> </ul> ○ blanched broccoli (chilled) 30	<ul style="list-style-type: none"> <li>• <b>buffalo chicken sandwich</b></li> <li>• <b>veggie taco salad (v)</b></li> </ul> ○ smoky black eyed peas & baby carrots 31	

### Did you know

Broccoli originated in Italy, where it is called "Broccolo" or "cabbage sprout." The broccoli we eat is green, but the vegetable can sometimes be purple!

Lunch: choice of 1% or fat-free milk; fresh fruit available daily.  
**Bold** = main option  
**Blue** = middle school 2<sup>nd</sup> option

Dairy-free (DF) and vegetarian (V) options available daily – if not listed on the menu, available upon request.

○ Vegetable of the day

