

# AUGUST | 2019

## Lunch



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

29	30	31	1	2
5	6	7	8	9
12	13	14 Grilled Chicken on a Bun (27g) Hamburger (25g) / Cheeseburger (27g) Tater Babies (14g) Green Beans (9g) Fresh Veggie Mix up (5g) Applesauce (14g) Sliced Mango (22g) pudding (25g) 100% Fruit Juice (14g)	15 Chicken Nuggets (14g) Twisted Cheese Stix (38g) With Marinara Sauce (7g) Steamed Broccoli (5g) Mashed Potatoes (13g) Tossed Salad (2g) Mandarin Oranges (16g) Fresh Fruit Cup (10g) Hot Roll (27g)	16 Square Pizza Slices (34g) Buffalo Chicken Calzone (29g) Corn (16g) Carrots & Celery (4g) Apple Slices (19g) Tropical Pineapple (17g) Sherbet (30g) 100% Fruit Juice (14g)
19  National Potato Day Pretzel with Cheese (42g) Walking taco (31g) Emoji Fries (18g) Steamed Broccoli (5g) Veggie Medley (5g) Fresh Apples (19g) Sliced Peaches (18g) 100% Fruit Juice (14g)	20 Corn Dog (33g) Grilled Cheese Sandwich (27g) Chicken Noodle Soup (6g) Cooked Carrots (6g) Fresh Veggie Mix Up (5g) Orange Wedges (8g) Diced Pears (19g)	21 Chicken Patty on a Bun (37g) Fiesta Pizza (43g) Crispy Spiral Fries (25g) Vegetarian Baked Beans (29g) Carrots & Celery (4g) Applesauce (14g) Sliced Mango (22g) 100% Fruit Juice (14g)	22 Chicken Nuggets (14g) Pork BBQ Sandwich (39g) Whipped Potatoes (13g) Cali Blend Vegetables (5g) Creamy Coleslaw (7g) Mandarin Oranges (16g) Fresh Fruit Cup (10g) Hot Rolls (27g)	23 Mini Corn Doggies (30g) Fish Wedges on a Bun (44g) Mac n Cheese (21g) Peas (14g) Carroteenies (3g) Apple Slices (8g) Tropical Pineapples (17g) 100% Fruit Juice (14g)
26 Chicken & Waffles (65g) Orange Chicken & Rice (58g) Vegetarian Baked Beans (29g) Celery & Carrots (4g) Sliced Peaches (18g) Fresh Apples (19g) 100% Fruit Juice (14g)	27 Chicken Minis (40g) Sausage Minis (34g) Hash Brown Rounds (16g) Hard Boiled Egg (0g) Fresh Veggie Mix Up (5g) Orange Wedges (8g) Diced Pears (19g) Baked Apples Crisp (36g)	28 Chili 3-way (37g) Cheese Ravioli & Meat Sauce (29g) With Garlic Breadstick (17g) Cooked Carrots (6g) Tossed Salad (2g) Applesauce (14g) Sliced Mango (22g) 100% Fruit Juice (14g) Birthday Celebration Treat!	29 Chicken Tenders (12g) Salisbury Steak (8g) Smashed Potatoes (13g) Green Beans (9g) Carrots & Celery (4g) Mandarin Oranges (16g) Fresh Fruit Cup (10g) Hot Roll (27g)	30 Pizza Crunchers (42g) Cheese Quesadilla (39g) Crispy Spiral Fries (25g) Broccoli & Cauliflower (2g) Carroteenies (3g) Apple Slices (8g) Tropical Pineapple (17g) 100% Fruit Juice (14g)

**Breakfast Prices:**  
Full Pay - \$1.00  
Reduced Pay - \$.00  
No charge - \$.00

**Lunch Prices:**  
Full Pay - \$2.25  
Reduced Pay - \$.00  
No charge - \$.00  
Adult Meals - \$3.75

Available daily:  
-100% juice, cereal, whole grain muffins, whole grain pop tarts, toast, and yogurt at breakfast  
-A variety of low-fat milk at breakfast and lunch  
-Entrée salads at lunch

[www.boone.nutrislice.com](http://www.boone.nutrislice.com)

For online menus

[www.myschoolbucks.com](http://www.myschoolbucks.com)

For online payments

[www.schoollunchapp.com](http://www.schoollunchapp.com)

To apply for free and reduced meals online

Paper applications are available at school offices or by calling 859-282-2367

### ***Bites from Boone***

Start the day with a healthy breakfast! It refuels the body and provides energy for the day.