



August

CLARION-GOLDFIELD-DOWS Schools ~ LUNCH Menus

DATE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week of... AUGUST 22-26		Turkey Cheese BLT Flatbread Shredded Lettuce Fresh Tomato Slices Cowboy Salsa Juicy Orange Wedges Baked Doritos	Gilardo Max Cheese pizza stix Zesty Marinara Sauce Broccoli Florets/dip Crunchy Baby Carrots Diced Peaches Fruit Slushie	Hamburger w/ Bun Cheese Slice Bkd French Fries Fresh Tomato/Cucumber Slices Applesauce	Chili Crispito Lettuce/Cheese Diced Tomato/Salsa Savory Black Beans Seasoned Rice Crisp Apple Wedges
Week of... AUGUST 29 – SEPT. 2	Crispy Chicken Patty/Bun Seasoned Corn Fresh Tomato Slices Broccoli Florets/dip Diced Pears 9-12 Coleslaw	PK-5 Softshell Taco 6-12 Taco Bar Beef /Chicken Lettuce/ Cheese Diced Tomatoes/Salsa Hearty Refried Beans Pineapple Tidbits WG Cookie	Breaded Chicken Nugget Whipped Potatoes Crisp Radishes Crunchy Baby Carrots Mixed Fruit Fresh Bkd Cinn Breadstix		
Menu is subject to change without notice.					

USDA REQUIREMENTS FOR REIMBURSABLE SCHOOL LUNCH
5 Daily LUNCH COMPONENT Requirements —
Meat/Meat Alternate – Fruit – Vegetable – Bread – Milk
*Students must choose at least 3 of the 5 items offered,
 one item **MUST** be a serving of fruit or vegetable or a ½ serving of both.*



Skim, Skim Chocolate & 1% Milk offered daily.
 Whole Grain Buns, Breads & Pastas are always used.
 All items offered meet USDA requirements
 in limiting calories to 30% from fat and 35% from sugar.