

Artificial  
Ingredients,  
Additives,  
Preservatives

High Fructose  
Corn Syrup

Fried Foods  
Mystery Meats

ALWAYS fresh  
NEVER frozen

\*\*\*\*  
4-Star Schod  
LunchProvider!



## August Seamless Program & Back to School Lunch. Menu.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<sup>1</sup> Yogurt & WG Bagel w/Cream Cheese Farmer's Crisp Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	<sup>2</sup> Cheese Calzone Farmer's Crisp Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	<sup>3</sup> Chicken Sandwich Farmer's Crisp Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	<sup>4</sup> Cheese Nacho's Farmer's Crisp Veggies Just Picked Fresh Fruit Ice Cold Milk Pint
<sup>7</sup> <b>Second Session Starts of Seamless Summer School</b> Super Sack Hot Dog Farmer's Crisp Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	<sup>8</sup> Turkey & American Cheese Sub Sandwich Farmer's Crisp Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	<sup>9</sup> Buffalo Chicken Wrap Farmer's Crisp Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	<sup>10</sup> Grilled Cheese Sandwich Farmer's Crisp Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	<sup>11</sup> Baked Chicken Nuggets Farmer's Crisp Veggies Just Picked Fresh Fruit Ice Cold Milk Pint <b>Last Day of Seamless Summer Program at London</b>
<sup>14</sup> Cheese Stuffed Breadsticks Farmer's Crisp Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	<sup>15</sup> Cheeseburger Farmer's Crisp Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	<sup>16</sup> Baked Chicken Nuggets Farmer's Crisp Veggies Just Picked Fresh Fruit Ice Cold Milk Pint <b>Last day of Seamless Summer Program at Holmes, Frost &amp; Whitman</b>	<sup>17</sup> No School No Lunch Service	<sup>18</sup> No School No Lunch Service
<sup>21</sup> No School No Lunch Service Time to Get ready for the New School Year!	<sup>22</sup> Teacher's Institute Day No School No Lunch Service	<sup>23</sup> <b>First Day of School Year</b> Cheese Calzone <b>Super Steamed Corn</b> Just Picked Fresh Fruit Ice Cold Milk Pint	<sup>24</sup> Hot Diggity Dog Super Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	<sup>25</sup> Personal Pan Pizza Super Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint
<sup>28</sup> 4-Star Mac n' Cheese Super Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	<sup>29</sup> Baked Potato w/Cheese Sauce Super Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	<sup>30</sup> Sloppy Joe Sandwiches Super Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	<sup>31</sup> Crispy Chicken Sandwich Super Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	

Daily Special  
Weekly Rotating special  
Turkey & American Cheese Sub  
Veggie Salad w/Beans  
Sun Butter & Jelly

Elementary Weekly:  
Rotating Choices

Mon – All Beef Hot Dogs  
Tues – Cheese Nachos  
Weds- Chicken Nuggets  
Thurs - Cheeseburger  
Fri- Personal Pan Cheese Pizza

Middle School Daily  
Choices

Daily Special  
Doughboy's Pizza  
(Available M, W, F)  
Cheese Filled Bread Stick  
(Available Tues/Thurs)  
-All Beef Hot Dog  
Chicken sandwich  
Deli Bar  
Veggie Salad  
Sun Butter & Jelly Sandwich

Each meal includes rBST-free skim or 1% milk.



In accordance with Federal law and United States Department of Agriculture Policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, and disability.  
Menus may be subject to change. Notice will be given as soon as possible.