

AUGUST 2024



SCLS LUNCH MENU

What is a Meal?

You must choose at least 3 of the 5 components available for the school lunch.

Minimum of 1/2 cup serving of fruit or a minimum of a 1/2 cup of vegetable must accompany a reimbursable lunch

- Meat or meat alternate
- Choice of Vegetable
- Choice of Fruit
- Grain/Bread

Choice of Milk - 1% white, and fat-free chocolate

Weekly Vegetable Subgroups May Include:

Dark green - spinach, broccoli, romaine and spring salad

Red/Orange - carrots, sweet potatoes, tomatoes, red peppers

Starchy - white potatoes, corn, and lima beans

Other Vegetables: celery sticks, cucumbers, cauliflower, green peppers, green beans and cabbage

Featured Fruit May Include:

oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple, 100% fruit juices and mandarin oranges

LEAVE YOUR LUNCHBOX AT HOME!

DAILY ALTERNATES:

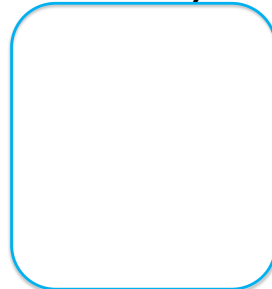
Craveable of the Week which could include:

Nacho with Chips and Salsa, Make your Own Pizza, Yogurt Cheese stick and Crackers, Breadstick Dipper, and more..

Lunch Price is \$4.10 for Students who do not qualify for Free or Reduced.

Please email us at lunch@sclhbg.org if you have any questions.

Monday



Tuesday



Wednesday

21
 Chicken
 Tenders
 or
 Breadstick Dipper Craveable

Featured Veggies:
 Tater Tots

Applesauce
 Choice of Milk

Thursday

22
 Pulled Pork
 On a Whole Grain Roll
 or
 Breadstick Dipper Craveable

Featured Veggies:
 BBQ Baked Beans

Apple Slices
 Choice of Milk

Friday

23
 Chicken Patty
 On a Whole Grain Roll
 Breadstick Dipper Craveable

Featured Veggies:
 Green Beans

Pineapple Tidbits
 Choice of Milk

26

Beef Lasagna
 w/ Dinner Roll

Yogurt Craveable

Featured Veggies:
 Side Salad

Sliced Peaches
 Choice of Milk

27

Cheeseburger
 On a Whole Grain Roll

Yogurt Craveable

Featured Veggies:
 French Fries

Mandarin Oranges
 Choice of Milk

28

Grilled Cheese
 Tomato Soup

Yogurt Craveable

Featured Veggies:
 Carrot Coins

Fruit Cocktail
 Choice of Milk

29

SCLS Bowl
 Whole Grain Dinner Roll

Yogurt Craveable

Featured Veggies:
 Mashed Potatoes
 Corn

Diced Pears
 Choice of Milk

30

Sausage Pizza

Yogurt Craveable

Featured Veggies:
 Garden Salad

Apple Slices
 Choice of Milk

