# SMSD K-8 LUNCH MENU

## AUGUST 2022

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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</thead>
</table>
| 1. Spaghetti & Meatballs  
Garlic Breadsticks  
Carrots | 2. Chicken & Cheese Enchiladas  
Corn  
Black Bean Salsa | 3. Chicken Caesar Wraps  
W/ lettuce-tomato  
WG Cheez Its | 4. Assorted Flatbread Pizzas  
Roasted Tomatoes & Zucchini | 5. Fish Sticks  
French Fries  
Sm. Garden Side Salads w/ FF Ranch or Italian Dressing |
| 6. Hot Dogs  
on WG Buns  
BBQ Beans  
Corn on the Cob | 7. Taco Pizzas  
Meat-Cheese-Lettuce-Tomato  
Corn & Black Bean Salad | 8. Chicken Nuggets  
Buttered Egg  
Noodles  
Green Beans  
Fresh Fruit Salad | 9. BBQ Chicken  
Mashed Potatoes & Gravy  
Roasted Carrots | 10. **Chef’s Choice**  
**Frozen Treat** |
| 11. Assorted Meat & Cheese Subs  
(lettuce-tomato)  
Baked Chips | 12. Breakfast For Lunch  
Egg Patties  
Sausage-WG Toast  
Home Fries w/peppers & onions | 13. Grilled Sahlen’s Hot Dogs  
Macaroni OR Potato Salad-NYS Chips  
Fresh Fruit Slices | 14. Cheese & Pepperoni Pizzas  
Cucumber & Tomato Salad | 15. **Chef’s Choice**  
**Frozen Treat** |

### Lunch Fact
My Plate Recommends:
Choose vegetables rich in color! Brighten your plate with vegetables that are red, orange, or dark green. They not only taste great but also are good for you, too.
Reference: USDA. MyPlate.gov.

### Offered Daily
With all School Lunches:
Fresh & Prepared Fruit & Vegetables  
Non-Fat OR Low-Fat White OR FF Chocolate Milk  
Pre-made Assorted Salads & Wraps  
PB & Jelly Sandwich  
(Grade Level Portions)

### Start with a:
- Vegetable
- Fruit  (or take both)
- Choose whole grains
- Pick a lean protein
- Add serving of milk

Choose at Least 3