





# AUGUST | 2017

## FAMU DRS HIGH SCHOOL LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> SUMMER BREEZE			<b>4</b> Taking a <i>Day Off</i>
<b>7</b> TEACHERS RETURN WELCOME BACK			<b>10</b> PLANNING DAY ORIENTATION KG	<b>11</b> ORIENTATION DAY ELEMENTARY SECONDARY
<b>14</b> CHICKEN NUGGETS BROCCOLI STEAMED CARROTS OVEN BAKED TOTS SLICED ONIONS FRESH FRUIT/JUICE MILK	<b>15</b> CORN DOGS ROMAINE/SPINACH SALAD SLICED TOMATOES LETTUCE BAKED BEANS CARROT SNACK PACK ASSORTED FRUIT/JUICE MILK	<b>16</b> POPCORN CHICKEN TURNIP GREENS BAKED SWEET POTATOES GREEN BEANS CARROT SNACK PACK FRESH FRUIT/JUICE MILK	<b>17</b> CHICKEN FAJITA W/BROWN RICE SALSA GARDEN SIDE SALAD CHEESE QUESADILLA BLACK BEANS FRESH FRUIT/JUICE MILK	<b>18</b> GRILLED CHICKEN PATTY W/BUN SLICED TOMATOES SEASONED CORN VEGETABLE BLEND CARROT SNACK PACK GARDEN SIDE SALAD FRESH FRUIT/JUICE MILK
<b>21</b> HAMBURGER W/BUN CHEESEBURGER SLICED TOMATOES/LETTUCE OVEN BAKED TOTS SLICED ONIONS FRESH FRUIT/JUICE MILK	<b>22</b> HOT DOG STEAMED BROCCOLI SWEET POTATOES FRIES BAKED BEANS CALIFORNIA BLEND ASSORTED FRUIT/JUICE MILK	<b>23</b> OVEN BAKED CHICKEN COLLARD GREENS MASHED POTATOES STEAMED CARROTS ROLL CARROT SNACK PACK FRESH FRUIT/JUICE MILK	<b>24</b> CHICKEN PATTY W/BUN BLACK EYED PEAS GREEN BEANS CARROT SNACK PACK FRESH FRUIT/JUICE MILK	<b>25</b> PEPPERONI/CHEESE PIZZA GREEN BEANS CALIFORNIA BLEND ROMAINE SALAD FRESH FRUIT/JUICE MILK
<b>28</b> CHICKEN NUGGETS BROCCOLI STEAMED CARROTS OVEN BAKED TOTS SLICED ONIONS FRESH FRUIT/JUICE MILK	<b>29</b> CORN DOGS ROMAINE/SPINACH SALAD SLICED TOMATOES LETTUCE BAKED BEANS CARROT SNACK PACK ASSORTED FRUIT/JUICE MILK	<b>30</b> POPCORN CHICKEN TURNIP GREENS BAKED SWEET POTATOES GREEN BEANS CARROT S MILK	<b>31</b> CHICKEN FAJITA W/BROWN RICE SALSA GARDEN SIDE SALAD CHEESE QUESADILLA BLACK BEANS FRESH FRUIT/JUICE MILK	GRILLED CHICKEN PATTY W/BUN SLICED TOMATOES SEASONED CORN VEGETABLE BLEND CARROT SNACK PACK GARDEN SIDE SALAD FRESH FRUIT/JUICE MILK

### News

#### Menu Choose

**Choose up to 2 Fruit servings daily: Fresh fruit and chilled fruit cup or Fresh fruit and 100% Juice of chilled Fruit cup and 100% Juice or Two fresh fruit cup.**

**We offer daily for lunch**

**Choose 1:**

- **Salads**
- **Wraps**
- **Yogurt Plate**
- **Sub Sandwich**
- **Vegetarian**

#### **Plates**

**Choose 1-8oz serving daily: Milk**

- **1% low fat white**
- **Fat free Chocolate**