SCHOOLHOUSE GRILL
School Meal Specialist

Sparkles! Crystal City

August 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	**2**	**3**	**4**	**5**
Whole Grain Breaded Chicken Nuggets 4 ea ½ oz Enriched Bread Slice Fresh Green Beans ¼ c Veggie: Morningstar Chik Nuggets; Fresh or Chilled Fruit	Teriyaki Chicken Strips 2 oz w/ Enriched Whole Grain Rice ¼ c Fresh Cucumber Slices 3 ea w/ Creamy Ranch Dip Veggie: Veggie Teriyaki Chik Strips; Fresh or Chilled Fruit	Italian Cavatappi Pasta w/ Bolognese (Chicken) Sauce ½ c Two-Way Mixed Vegetables ¼ c Veggie:Cavatappi w/ Marinara Fresh or Chilled Fruit	Slow Roasted Turkey & American Cheese Sub ½ ea Sweet Yellow Corn ¼ c Veggie: Double Cheese Sub Fresh or Chilled Fruit	"Breakfast For Lunch" French Toast Sticks 3 ea w/ Syrup Turkey Sausage Patty 1 ea Veggie: Morningstar Breakfast Patty; Fresh or Chilled Fruit
8	**9**	**10**	**11**	**12**
Chicken Fajita Rice Bowl 2 oz Enriched Whole Grain Rice ¼ c w/ Cheddar Cheese; Fresh Baby Carrots ¼ c w/ Creamy Ranch Dip; Veggie: Bean Rice Bowl Fruit or Chilled Fruit	Rainbow Tortellini Pasta Blend w/ Kale Pesto Sauce ½ c Sweet Hot Baby Peas ¼ c Veggie: Rainbow Tortellini Pasta Fresh or Chilled Fruit	Whole Grain Breaded Chicken Tenders 3 ea ½ oz Enriched Bread Slice Hot Cooked Carrot Coins ¼ c Veggie: Morningstar Nuggets Fresh or Chilled Fruit	Home-Style Turkey Meatballs 3 ea over Creamy Mashed Potatoes ¼ c; Fresh Tossed Salad ¼ c w/ Creamy Ranch Dressing; Veggie: Veggie Balls over Rice; Fresh or Chilled Fruit	Kid Fav Creamy Mac n' Cheese ½ c California Blend Vegetables ¼ c Veggie: Mac n' Cheese Fresh or Chilled Fruit
15	**16**	**17**	**18**	**19**
Classic Cheesy Baked Ziti ½ c Five-Way Hot Mixed Vegetables ¼ c Veggie: Cheesy Baked Ziti Fresh or Chilled Fruit	Hawaiian Turkey Meatballs 3 ea over Enriched Grain Rice ¼ c Fresh Baby Carrots ¼ c w/ Creamy Ranch Dip; Veggie: Veggie Hawaiian Balls over Rice Fresh or Chilled Fruit	"Breakfast For Lunch" Jumbo Square Waffles 2 ea w/ Syrup Turkey Sausage Patty 1 ea Veggie: Morningstar Breakfast Patty; Fresh or Chilled Fruit	House Made Creamy Chicken Penne Alfredo ½ c Fresh Green Beans ¼ c Veggie: Penne Alfredo Fresh or Chilled Fruit	Salisbury Steak 1 ea & Gravy; Creamy Mashed Potatoes ¼ c; Fresh Tossed Salad ¼ c w/ Creamy Ranch Dressing; Veggie: Morningstar Patty; Fresh or Chilled Fruit
22	**23**	**24**	**25**	**26**
Whole Grain Breaded Chicken Tenders 3 ea ½ oz Enriched Bread Slice Capri Blend Hot Mixed Vegetables ¼ c; Veggie: Chik Tenders; Fresh Fruit	Kid Fav Creamy Mac n' Cheese ½ c California Blend Vegetables ¼ c Veggie: Mac n' Cheese Fresh or Chilled Fruit	Orange Chicken Strips 2 oz w/ Enriched Whole Grain Rice ¼ c Fresh Tossed Salad ¼ c w/ Creamy Ranch Dressing Veggie: Veggie Orange Chik Strips; Fresh or Chilled Fruit	Whole Grain Breaded Chicken Nuggets 4 ea ½ oz Enriched Bread Slice Sweet Yellow Corn ¼ c Veggie: Morningstar Tenders Fresh or Chilled Fruit	Mini Four Cheese Ravioli w/ Marinara Sauce ½ c Five-Way Hot Mixed Vegetables ¼ c; Veggie: Mini Four Cheese Ravioli w/ Marinara Sauce; Fresh or Chilled Fruit
29	**30**	**31**		
Home-Style Turkey Meatballs 3 ea over Creamy Mashed Potatoes ¼ c; Fresh Baby Carrots ¼ c w/ Creamy Ranch Dip; Veggie: Veggie Balls over Rice; Fresh or Chilled Fruit	"Breakfast For Lunch" Buttermilk Pancakes 2 ea w/ Syrup Turkey Sausage Patty 1 ea Veggie: Morningstar Breakfast Patty; Fresh or Chilled Fruit	Italian Cavatappi Pasta w/ Bolognese (Chicken) Sauce ½ c Two-Way Mixed Vegetables ¼ c Veggie:Cavatappi w/ Marinara Fresh or Chilled Fruit	All lunches served with age appropriate milk, either 1% or whole milk. All meals conform to grain requirements of ½ oz equivalent.	Fresh or Chilled Fruit: Apples, Cantaloupe, Watermelon, Honeydew, Banana, Oranges THIS MENU DOES NOT CONTAIN PEANUT OR PEANUT PRODUCTS