




Aventura City of Excellence School Lunch Menu AUGUST 2018



Monday	Tuesday	Wednesday	Thursday	Friday
August 20 **Early Release** Kosher  Turkey sub Multigrain Chips Fresh Apple Water	August 21 Chicken Peppers Sautéed or Whole Wheat CC Combo Sub Rice Black Beans or Side Salad Sliced Pears Low Fat & Fat Free Milk	August 22 Chili Beef Or whole wheat Salami sub White Rice Green beans or Side salad Pineapple Chunks Low Fat & Fat Free Milk	August 23 Oven-Baked Fish Sticks OR Whole Wheat Turkey Sub Roasted Potatoes Peas and Carrots or Side Salad Fruit Cocktail Low Fat & Fat Free Milk	August 24 WGR Cheese Pizza OR Whole Wheat Tuna Sub Baby Carrots OR Side Salad Fruit Cocktail Low Fat & Fat Free Milk
August 27 Spaghetti & Meatballs marinara OR Turkey Salad Sandwich Mixed veggie OR Side Salad Sliced Pears Low Fat & Fat Free Milk	August 28 Chicken Fried Rice Mini Egg Rolls OR Tuna Salad Sandwich Steamed Edamame OR Side Salad Sliced Pears/Fortune Cookie Low Fat & Fat Free Milk	August 29 Mac & Cheese OR Whole Wheat Tuna Sub Whole Wheat Bread Peas & Carrots or Side Salad Sliced Peaches Low Fat & Fat Free Milk	August 30 Chicken Hot Dogs on Whole Wheat Bun OR Turkey Sub WGR Chips Baked Beans or Side salad Tropical Fruit Low Fat & Fat Free Milk	August 31 WGR Cheese Pizza OR Whole Wheat Tuna Sub Baby Carrots OR Side Salad Fruit Cocktail Low Fat & Fat Free Milk
September 3 NO SCHOOL	September 4 WGR Spiral Pasta with Alfredo Cheese Sauce OR Whole Wheat Tuna Salad Sandwich Sautéed Spinach or Side Salad Fresh Apple Slices Low Fat & Fat Free Milk	September 5 Sloppy Joes OR Turkey Sub WGR Chips Corn Niblett's or Side salad Pineapple Chunks Low Fat & Fat Free Milk	September 6 Penne Pasta & Meat Sauce OR Whole Wheat Salami Sub Garlic bread Mixed Veggies or Side Salad Cantaloupe Low Fat & Fat Free Milk	September 7 WGR Cheese Pizza OR Whole Wheat Tuna Sub Baby Carrots OR Side Salad Fruit Cocktail Low Fat & Fat Free Milk
September 10 No School Teachers Planning	September 11 Whole Wheat Toasted Cheese Sandwich OR Tuna Salad Sandwich Baked Veggie Chips Chick peas OR Side Salad Sliced Pears Low Fat & Fat Free Milk	September 12 Hamburgers on Whole Wheat Bun OR Turkey Sub Lay chips Cole Slaw or Side salad Tropical Fruit Low Fat & Fat Free Milk Lettuce, Pickles, Onion Garnish	September 13 Meatballs Marinara OR Whole Wheat BMT Combo Sub White Rice Mixed Veggies or Side Salad Sliced Peaches Low Fat & Fat Free Milk	September 14 WGR Cheese Pizza OR Whole Wheat Tuna Sub Baby Carrots OR Side Salad Fruit Cocktail Low Fat & Fat Free Milk
September 17 Baked Chicken Nuggets OR BMT Combo Sub Mashed Potatoes Peas Orange wedged Low Fat & Fat Free Milk	September 18 Turkey on Whole Wheat Bun or Whole Salami Sub Red Beans or Side Salad Multigrain chips Mixed Fruit Low Fat & Fat Free Mil	September 19 Chicken Hot Dogs on Whole Wheat Bun OR Turkey Sub WGR Chips Baked Beans or Side salad Tropical Fruit Low Fat & Fat Free Milk	September 20 Baked Ziti OR Whole Wheat Tuna Sub Whole Wheat Roll Steamed Carrots or Side Salad Sliced Pears Low Fat & Fat Free Milk	September 21 WGR Cheese Pizza OR Whole Wheat Tuna Sub Baby Carrots OR Side Salad Fruit Cocktail Low Fat & Fat Free Milk
September 24 Whole Wheat Toasted Cheese Sandwich OR Tuna Salad Sandwich Baked Veggie Chips Chick peas OR Side Salad Sliced Pears Low Fat & Fat Free Milk	September 25 Baked Chicken Pattie Sandwich OR Whole Wheat CC Combo Sub WGR Chips Chick peas or Side Salad Pineapple Chunks Low Fat & Fat Free Milk	September 26 Mac & Cheese OR Whole Wheat Tuna Sub Whole Wheat Bread Peas & Carrots or Side Salad Sliced Peaches Low Fat & Fat Free Milk	September 27 Chicken Peppers Strips or Whole Wheat CC Combo Sub Rice Black Beans or Side Salad Sliced Pears Low Fat & Fat Free Milk	September 28 WGR Cheese Pizza OR Whole Wheat Tuna Sub Baby Carrots OR Side Salad Fruit Cocktail Low Fat & Fat Free Milk

LUNCH PRICE \$3.90 DAILY

Side Salad consist of lettuce, Tomatoes & Cucumbers **A-la-Cart:** Hard Boiled Egg \$0.50; Portion cup of Tuna Salad \$0.50; An Alternative Protein Choice Will Be Offered Every Day Except on Early Release Days; The **Salad Bar** is an alternative meal to the daily lunch being offered. **Salad Bar** consists of the following items: Lettuce, Tomato, Cucumbers, Carrot Sticks, Celery Sticks, Hard Boiled Eggs, Tuna Salad and a slice of Whole Wheat Bread.