

**HILLSBOROUGH COUNTY**

**AUGUST MENU 2022 –READY TO SERVE**

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| --- | --- | --- | --- |
|  See the source image | 10**BREAKFAST**Yogurt w/ GrahamStrawberry Apple Crisps100% JuiceWhite Milk (Low Fat or Skim)**LUNCH**Macaroni & CheeseBBQ Baked BeansCool Tropics® Berry Blue SlushieOcean Spray® Craisins(Peach Cup-Secondary)Assorted Low Fat Milk | 11BREAKFASTMaple Belgian WaffleAssorted Fruit Cups100% JuiceWhite Milk (Low Fat or Skim)**LUNCH**Cuban SandwichPeas & CarrotsCrisp Garden Side Salad w/ RanchApplesauce Cup(Strawberry Cup-Secondary) Assorted Low Fat Milk | 12BREAKFASTBanana Chocolate Chunk Protein BarStrawberry Apple Crisps100% JuiceWhite Milk (Low Fat or Skim)**LUNCH**Teriyaki Turkey Meatballs w/Fried Rice\*Fortune Cookie\*Cheesy Garlic & Herb BroccoliBaby Carrots w/ RanchFresh Orange Smiles(Peach Cup-Secondary)Assorted Low Fat Milk |
| 15**BREAKFAST**Cocoa Chip Protein BarRaisin Box100% JuiceWhite Milk (Low Fat or Skim)**LUNCH**Tuscan Rotini w/ MeatballsSeasoned Green BeansZucchini/Squash Slices w/ RanchFresh Apple Slices(Craisins-Secondary)Assorted Low Fat Milk | 16**BREAKFAST**Eggo® Mini Confetti PancakesBuddy Fruit® Cinnamon Applesauce100% JuiceWhite Milk (Low Fat or Skim)**LUNCH**BBQ Pulled Chicken on Sub RollSweet Kernel CornBaby Carrots w/ Ranch100% Fruit Juice(Peach Cup-Secondary)Assorted Low Fat Milk  | 17BREAKFASTYogurt w/ GrahamStrawberry Apple Crisps100% JuiceWhite Milk (Low Fat or Skim)**LUNCH**BBQ Rub Roasted Chicken\*Cornbread Muffin\*BBQ Baked Beans Grape Tomatoes w/RanchOcean Spray® Craisins(Strawberry Cup-Secondary)Assorted Low Fat Milk | 18BREAKFASTChocolate Chip Belgian WaffleAssorted Fruit Cups100% JuiceWhite Milk (Low Fat or Skim)**LUNCH** Italian SubCool Tropics® Berry Blue SlushieCrisp Garden Side Salad w/ RanchApplesauce Cup(2 for Secondary)Assorted Low Fat Milk | 19BREAKFASTBanana Chocolate Chunk Protein BarStrawberry Apple Crisps100% JuiceWhite Milk (Low Fat or Skim)**LUNCH**Sweet & Sour Chicken w/Yellow Rice\*Fortune Cookie\*Steamed BroccoliBaby Carrots w/ RanchFresh Orange Smiles(Peach Cup-Secondary)Assorted Low Fat Milk |
| 22**BREAKFAST**Cocoa Chip Protein Bar Raisin Box100% JuiceWhite Milk (Low Fat or Skim)**LUNCH**Meatball & Marinara SubCheesy Spinach BakeZucchini/Squash Slices w/ RanchFresh Apple Slices(Craisins-Secondary)Assorted Low Fat Milk | 23**BREAKFAST**Mini Blueberry PancakesBuddy Fruit® Cinnamon Applesauce100% JuiceWhite Milk (Low Fat or Skim)**LUNCH**Southern Style Chicken BitesSeasoned Black BeansRedGold® Salsa CupBaked Tostitos Scoops\*100% Fruit Juice(Peach Cup-Secondary)Assorted Low Fat Milk | 24BREAKFASTYogurt w/ GrahamStrawberry Apple Crisps100% JuiceWhite Milk (Low Fat or Skim)**LUNCH** 3 Bean Chili \*Cornbread Muffin\*Sweet Kernel CornBaby Carrots w/ RanchOcean Spray® Craisins(Strawberry Cup-Secondary)Assorted low Fat Milk  | 25BREAKFASTMaple Belgian WaffleAssorted Fruit Cups100% JuiceWhite Milk (Low Fat or Skim)**LUNCH**Chicken & Rotini AlfredoGarlic & Herb BroccoliCrisp Garden Side Salad w/ RanchApplesauce Cup(2 for Secondary)Assorted Low Fat Milk | 26BREAKFASTBanana Chocolate Chunk Protein BarStrawberry Apple Crisps100% JuiceWhite Milk (Low Fat or Skim)**LUNCH**Teriyaki Chicken Potstickersw/Fried Rice\*Fortune Cookie\*Herbed CauliflowerBaby Carrots w/ RanchFresh Orange Smiles(Peach Cup-Secondary)Assorted Low Fat Milk |
| 29**BREAKFAST**Cocoa Chip Protein BarRaisin Box100% JuiceWhite Milk (Low Fat or Skim)**LUNCH** Lentil Pasta with Meatsauce\* Breadsticks (2)\*Seasoned Green BeansZucchini/Squash Slices w/ Ranch Fresh Apple Slices(Craisins-Secondary) Assorted Low Fat Milk | 30**BREAKFAST**Mini Blueberry PancakesBuddy Fruit® Cinnamon Applesauce100% JuiceWhite Milk (Low Fat or Skim)**LUNCH**Southern Style chicken Bites\* Cheez its® CrackersSweet Kernel CornBaby Carrots w/ Ranch100% Fruit Juice(Peach Cup-Secondary)Assorted Low Fat Milk | 31**BREAKFAST**Yogurt w/ GrahamStrawberry Apple Crisps100% JuiceWhite Milk (Low Fat or Skim)**LUNCH**Macaroni & CheeseBBQ Baked BeansCool Tropics® Berry Blue SlushieOcean Spray® Craisins (Strawberry Cup-Secondary)Assorted Low Fat Milk | Sep 1BREAKFASTMaple Belgian WaffleAssorted Fruit Cups100% JuiceWhite Milk (Low Fat or Skim)**LUNCH**Cuban SandwichPeas & CarrotsCrisp Garden Side Salad w/ RanchApplesauce Cup(2 for Secondary)Assorted Low Fat Milk | Sep 2BREAKFASTBanana Chocolate Chunk Protein BarStrawberry Apple Crisps100% JuiceWhite Milk (Low Fat or Skim)**LUNCH**Teriyaki Turkey Meatballs w/ Fried Rice\*Fortune Cookie\*Cheesy Garlic & Herb BroccoliBaby Carrots w/ RanchFresh Orange Smiles(Peach Cup-Secondary)Assorted Low Fat Milk |
| HIGH SCHOOLS(SECONDARY SITES)MUST SERVE AN ADDITIONAL 1/2C SERVING OF FRUIT, DAILY AT LUNCH |

 Updated 7/21/22