

**HILLSBOROUGH COUNTY**

**AUGUST MENU 2022 –READY TO SERVE**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| See the source image | | 10  **BREAKFAST**  Yogurt w/ Graham  Strawberry Apple Crisps  100% Juice  White Milk (Low Fat or Skim)  **LUNCH**  Macaroni & Cheese  BBQ Baked Beans  Cool Tropics® Berry Blue Slushie  Ocean Spray® Craisins  (Peach Cup-Secondary)  Assorted Low Fat Milk | 11 BREAKFAST Maple Belgian Waffle  Assorted Fruit Cups  100% Juice  White Milk (Low Fat or Skim)  **LUNCH**  Cuban Sandwich  Peas & Carrots  Crisp Garden Side Salad w/ Ranch  Applesauce Cup  (Strawberry Cup-Secondary)  Assorted Low Fat Milk | 12 BREAKFAST Banana Chocolate Chunk Protein Bar  Strawberry Apple Crisps  100% Juice  White Milk (Low Fat or Skim)  **LUNCH**  Teriyaki Turkey Meatballs w/Fried Rice\*  Fortune Cookie\*  Cheesy Garlic & Herb Broccoli  Baby Carrots w/ Ranch  Fresh Orange Smiles  (Peach Cup-Secondary)  Assorted Low Fat Milk |
| 15  **BREAKFAST**  Cocoa Chip Protein Bar  Raisin Box  100% Juice  White Milk (Low Fat or Skim)  **LUNCH**  Tuscan Rotini w/ Meatballs  Seasoned Green Beans  Zucchini/Squash Slices w/ Ranch  Fresh Apple Slices  (Craisins-Secondary)  Assorted Low Fat Milk | 16  **BREAKFAST**  Eggo® Mini Confetti Pancakes  Buddy Fruit® Cinnamon Applesauce  100% Juice  White Milk (Low Fat or Skim)  **LUNCH**  BBQ Pulled Chicken on Sub Roll  Sweet Kernel Corn  Baby Carrots w/ Ranch  100% Fruit Juice  (Peach Cup-Secondary)  Assorted Low Fat Milk | 17 BREAKFAST Yogurt w/ Graham  Strawberry Apple Crisps  100% Juice  White Milk (Low Fat or Skim)  **LUNCH**  BBQ Rub Roasted Chicken\*  Cornbread Muffin\*  BBQ Baked Beans  Grape Tomatoes w/Ranch  Ocean Spray® Craisins  (Strawberry Cup-Secondary)  Assorted Low Fat Milk | 18 BREAKFAST Chocolate Chip Belgian Waffle  Assorted Fruit Cups  100% Juice  White Milk (Low Fat or Skim)  **LUNCH**  Italian Sub  Cool Tropics® Berry Blue Slushie  Crisp Garden Side Salad w/ Ranch  Applesauce Cup  (2 for Secondary)  Assorted Low Fat Milk | 19 BREAKFAST Banana Chocolate Chunk Protein Bar  Strawberry Apple Crisps  100% Juice  White Milk (Low Fat or Skim)  **LUNCH**  Sweet & Sour Chicken w/Yellow Rice\*  Fortune Cookie\*  Steamed Broccoli  Baby Carrots w/ Ranch  Fresh Orange Smiles  (Peach Cup-Secondary)  Assorted Low Fat Milk |
| 22  **BREAKFAST**  Cocoa Chip Protein Bar  Raisin Box  100% Juice  White Milk (Low Fat or Skim)  **LUNCH**  Meatball & Marinara Sub  Cheesy Spinach Bake  Zucchini/Squash Slices w/ Ranch  Fresh Apple Slices  (Craisins-Secondary)  Assorted Low Fat Milk | 23  **BREAKFAST**  Mini Blueberry Pancakes  Buddy Fruit® Cinnamon Applesauce  100% Juice  White Milk (Low Fat or Skim)  **LUNCH**  Southern Style Chicken Bites  Seasoned Black Beans  RedGold® Salsa Cup  Baked Tostitos Scoops\*  100% Fruit Juice  (Peach Cup-Secondary)  Assorted Low Fat Milk | 24 BREAKFAST Yogurt w/ Graham  Strawberry Apple Crisps  100% Juice  White Milk (Low Fat or Skim)  **LUNCH**  3 Bean Chili \*  Cornbread Muffin\*  Sweet Kernel Corn  Baby Carrots w/ Ranch  Ocean Spray® Craisins  (Strawberry Cup-Secondary)  Assorted low Fat Milk | 25 BREAKFAST Maple Belgian Waffle  Assorted Fruit Cups  100% Juice  White Milk (Low Fat or Skim)  **LUNCH**  Chicken & Rotini Alfredo  Garlic & Herb Broccoli  Crisp Garden Side Salad w/ Ranch  Applesauce Cup  (2 for Secondary)  Assorted Low Fat Milk | 26 BREAKFAST Banana Chocolate Chunk Protein Bar  Strawberry Apple Crisps  100% Juice  White Milk (Low Fat or Skim)  **LUNCH**  Teriyaki Chicken Potstickers  w/Fried Rice\*  Fortune Cookie\*  Herbed Cauliflower  Baby Carrots w/ Ranch  Fresh Orange Smiles  (Peach Cup-Secondary)  Assorted Low Fat Milk |
| 29  **BREAKFAST**  Cocoa Chip Protein Bar  Raisin Box  100% Juice  White Milk (Low Fat or Skim)  **LUNCH**    Lentil Pasta with Meatsauce\* Breadsticks (2)\*  Seasoned Green Beans  Zucchini/Squash Slices w/ Ranch  Fresh Apple Slices  (Craisins-Secondary)  Assorted Low Fat Milk | 30  **BREAKFAST**  Mini Blueberry Pancakes  Buddy Fruit® Cinnamon Applesauce  100% Juice  White Milk (Low Fat or Skim)  **LUNCH**  Southern Style chicken Bites\*  Cheez its® Crackers  Sweet Kernel Corn  Baby Carrots w/ Ranch  100% Fruit Juice  (Peach Cup-Secondary)  Assorted Low Fat Milk | 31  **BREAKFAST**  Yogurt w/ Graham  Strawberry Apple Crisps  100% Juice  White Milk (Low Fat or Skim)  **LUNCH**  Macaroni & Cheese  BBQ Baked Beans  Cool Tropics® Berry Blue Slushie  Ocean Spray® Craisins  (Strawberry Cup-Secondary)  Assorted Low Fat Milk | Sep 1 BREAKFAST Maple Belgian Waffle  Assorted Fruit Cups  100% Juice  White Milk (Low Fat or Skim)  **LUNCH**  Cuban Sandwich  Peas & Carrots  Crisp Garden Side Salad w/ Ranch  Applesauce Cup  (2 for Secondary)  Assorted Low Fat Milk | Sep 2 BREAKFAST Banana Chocolate Chunk Protein Bar  Strawberry Apple Crisps  100% Juice  White Milk (Low Fat or Skim)  **LUNCH**  Teriyaki Turkey Meatballs w/ Fried Rice\*  Fortune Cookie\*  Cheesy Garlic & Herb Broccoli  Baby Carrots w/ Ranch  Fresh 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