



Conard High School - August/September 2018

This institution is an equal opportunity provider

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Milk Choices offered daily in clude low fat & fat free flavored or unflavored milk</p> <p>Seasonal Fresh Fruit is available daily with all meals!</p>		29 Breaded Chicken Filet on a Soft Kaiser Roll Plain or Spicy Crinkle Cut Fries Vegetarian Beans Fresh Fruit	30 Pasta w/ Meat/Meatless Sauce Garlic Bread Stick Italian Green Beans Juice Choice	31 Pizza Wedge D w/ Buffalo Chicken or Plain Cheese Garden Salad Craisins
3 LABOR DAY 	4 Nachos Grande w/ Seasoned Meat and/or Cheese Sauce D Lettuce, Salsa & Sour Cream D Crisp Golden Corn Fresh Fruit	5 Texas French Toast E Sausage Patty Hash Brown Potato Roasted Butternut Squash Mixed Berry Cup	6 Pasta w/ or w/ Meatballs D Marinara Sauce Garlic Bread Stick Crunchy Fresh Broccoli Juice Choice	7 Beef Burger on a Bun w/ or wout Cheese D or Veggie Burger on a Bun Lettuce & Tomato Potato Salad E Vegetarian Beans Pear Cup
10 No School!!	11 Popcom Chicken D Mashed Potato D & Gravy D Dinner Roll Candied Carrots Fresh Fruit	12 Stuffed Crust Pizza D w/ Sausage or Plain Cheese Tomato & Cucumber Salad Applesauce	13 Pasta w/ Meat/Meatless Sauce Garlic Bread Stick Sauteed Spinach Juice Choice	14 Quesadilla w/ Chicken and/or Cheese D Salsa & Sour Cream D Steamed Brown Rice Black Bean Salad Sliced Peaches
17 Toasted Cheese Sandwich D Tomato Soup Crinkle Cut Fries Fresh Fruit Meatless Monday!	18 Nachos Grande w/ Seasoned Meat and/or Cheese Sauce D Lettuce, Salsa & Sour Cream D Chilled Edamame Pineapple Tidbits	19 No School!!	20 Pasta w/ or wout Meatballs D Marinara Sauce Garlic Bread Stick Broccoli Normandy Juice Choice	21 Chicken Tenders Plain or Spicy Steamed Brown Rice with Gravy D Seasoned Peas Dinner Roll Applesauce
24 Mozzarella Sticks D w/ Marinara Sauce Spicy Fries Warm Bread Stick Spinach Salad Fresh Fruit Meatless Monday!	25 Chicken Fajita D w/ Shredded Lettuce Salsa & Sour Cream D Steamed Brown Rice Steamed Corn Mandarin Oranges	26 Texas French Toast E Grilled Egg Patty E Hash Brown Potato Carrot Raisin Salad Mixed Berry Cup	27 Pasta w/ Meat/Meatless Sauce Garlic Bread Stick Summer Squash Juice Choice	28 Pulled Pork on a Soft Kaiser Roll or Filet of Fish Sandwich E,D Cole Slaw E Vegetarian Beans Diced Peaches

Food allergy information: All hot meals are peanut and tree nut free and Trans Fat Free; most meals contain soy, wheat and gluten - Please contact Tim Prosinski, Food Service Director at (860)561-6610 to discuss an alternate meal plan for your child. Key: D = contains milk/dairy; E = contains egg; *Menu Subject to Change Without Notice