

HILLSIDES MENU FOR THE WEEK OF August 7 – 13, 2017

Menu 3C

	MONDAY	Port Size	TUESDAY	Port Size	WEDNESDAY	Port Size	THURSDAY	Port Size	FRIDAY	Port Size	SATURDAY	Port Size	SUNDAY	Port Size
B R E A K F A S T	WG Waffles Turkey Links Fresh Apple 100% OJ Juice Milk 1% or NF Chocolate Milk	2 ea 2 ea ½ c 4 oz ½ pt	Banana Parfait Graham Crackers Fresh Orange 100% Apple Juice Milk 1% or NF Chocolate Milk	1 ea 1 ea ½ c 4 oz ½ pt	Scrambled Egg Flatbread Sandwich Low Fat Yogurt Fresh Banana 100% OJ Juice Milk 1% or NF Chocolate Milk	1 ea 1 ea ½ c 4 oz ½ pt	Chorizo Breakfast Burrito Low Fat Yogurt Fresh Apple 100% Apple Juice Milk 1% or NF Chocolate Milk	1 ea ½ c ½ c 4 oz ½ pt	Sausage, Egg, Biscuit Sandwich String Cheese Fresh Orange 100% OJ Juice Milk 1% or NF Chocolate Milk	1 ea 1 ea ½ c 4 oz ½ pt	Cold Cereal Whole Wheat Toast Hard Boiled Egg Fresh Banana Butter/Jelly 100% Apple Juice Milk 1% or NF Chocolate Milk	¾ c 2 sl 1 ea ¾ c 1 TB 4 oz ½ pt	Cold Cereal Whole Wheat Toast Cheese Stick Fresh Apple Butter/Jelly 100% OJ Juice Milk 1% or NF Chocolate Milk	1 ea 1 ea 1 ea ¾ c 1 TB 4 oz ½ pt
S N A C K	Fresh Fruit	1 ea	Fresh Fruit	1 ea	Trail Mix	1 oz	Fresh Fruit	1 ea	Granola Bar	1 ea	Fresh Fruit	1 ea	Fresh Fruit	1 ea
L U N C H	Pizza Pasta Bake Fresh Vegetable Gardeneria Fruit Salad Milk 1% or NF Chocolate Milk	1 Cup ¾ c 1/2c ½ p	Pesto Chicken Penne Seasoned Corn & Carrots Fruit Salad Milk 1% or NF Chocolate Milk	1 Cup ½ c ½ c ½ p	Lemon Pepper & Thyme Tilapia Orange Rice Pilaf Roasted Green Peppers Fruit Salad Milk 1% or NF Chocolate Milk	1 ea ½ c ½ c ½ c ½ c ½ c ½ pt	Beef Macho Nachos Sono Pinto Beans Guacamole Sour Cream Fruit Salad Milk 1% or NF Chocolate Milk	1 ea ½ c 2 TB 2TB ½ c ½ pt	Tuna Casserole Lemon Zest Broccoli Fruit Salad Milk 1% or NF Chocolate Milk	1 cup ½ c ½ c ½ p	Italian chicken Parmesan Wrap Roasted Herb Cauliflower Fruit Salad Milk 1% or NF Chocolate Milk	1 ea ½ c ½ c ½ pt	Chili Cheese Dog Curly Fries Fruit Salad Milk 1% or NF Chocolate Milk	1 ea ½ c ½ c ½ pt
S N A C K	Fresh Fruit	1 ea	Fresh Fruit	1 ea	Fresh Fruit	1 ea	Roasted Peanuts	1 oz	Fresh Fruit	1 ea	Fresh Fruit	1 ea	Fresh Fruit	1 ea
D I N N E R	Beefy Bean & Cheese Burrito Toasted Cheese Sandwich Cilantro Lime Vegetables Fresh Pear Milk 1% or NF Chocolate Milk	1 ea 1 ea ½ c ½ c ½ p	Southwestern Chicken Flatbread Tuna Salad Sub Vegetable Crudite Granny Smith Apple Milk 1% or NF Chocolate Milk	1 ea 1 ea ½ c ½ c ½ pt	Spaghetti & Meat Sauce Grilled Chicken Bacon Club Sautéed Peppers & Onions Fresh Apple Ice Cream Sandwich Milk 1% or NF Chocolate Milk	1 ea 1 ea ½ c ¾ c ¾ c ½ pt 1 ea ½ p	Fajita Chicken Rice Bowl Beef Hot Dog Buttermilk Coleslaw Jicama Sticks Fresh Pear Milk 1% or NF Chocolate Milk	1 ea 1 ea ½ c ½ c ½ c ½ pt	Cheeseburger Chicken Salsa Wrap Sweet Potato Fries Fresh Orange Milk 1% or NF Chocolate Milk	1 ea 1 ea ¾ c ½ c ½ pt	Herb Chicken Breast Tuna Melt Sandwich Citrus Garbanzo & Kidney Bean Salad Granny Smith Apple Chocolate Chip Cookie Milk 1% or NF Chocolate Milk	1 ea 1ea ½ c ½ c 1 ea ½ p	General Tso's Chicken Turkey Pastrami Wrap Steamed Brown Rice Stir Fry Vegetables Fresh Apple Milk 1% or NF Chocolate Milk	12 ea 1 ea ½ c ½ c ½ c ½ pt

Milk Options: 1% Milk or Nonfat Chocolate Milk

This Institution is an Equal Opportunity Provider

*Vegetarian & Alternative Options Offered Daily
Mixed Green Salad offered Daily for Lunch & Dinner*