



UNITED TOWNSHIP HIGH SCHOOL BREAKFAST

**August
2018**

Milk choice includes: Choice of non-fat (flavored or unflavored) or 1% milk (unflavored)
Alternate Items Available Daily: Hot/Cold Cereal, Yogurt, Bagel, Fruit Choice or Fruit Juice Choice.
**Menu subject to change*

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
6	7 Teacher's Institute No School	8 (Freshman Only)	9 Scrambled Eggs Hash Brown Assorted Muffin Mandarin Oranges Strawberries	10 Breakfast Pizza Pineapple Fruit Cocktail
13 Waffles/ Syrup Sausage Patty Fruit Cocktail Mandarin Oranges	14 Fresh Baked Cinnamon Roll Fresh Banana	15 Egg Sausage Cheese Croissant Apricots Orange Juice	16 Cheese Omelet Hash Brown Toast/ Jelly Applesuace Pears	17 Pancakes/ Syrup Bacon Assorted Fresh Fruit
20 Scrambled Eggs Blueberries Muffin Pears Orange Juice	21 Egg, Pork Sausage, Beans & Cheese Burrito Fresh Banana	22 French Toast/Syrup Bacon Fresh Apple	23 Vegetable Quiche Assorted Muffin Mandarin Oranges Pineapple	24 Pancake & Sausage On A Stick/Syrup Fresh Orange
27 Cheese Omelet Toast / Jelly Hash Brown Pears Fruit Cocktail	28 Egg Sausage Cheese Croissant Fresh Banana	29 Glazed Donut Peaches Orange Juice	30 Scrambled Egg English Muffin/ Jelly Peaches Pears	31 Pop Tarts Or Breakfast Burrito Fresh Apple



UNITED TOWNSHIP HIGH SCHOOL LUNCH

August 2018

Daily Lunch Choices: A variety of premade Salad, Hoagie Lunch, Soft Pretzel Lunch
*MENU SUBJECT TO CHANGE

Monday	Tuesday	Wednesday	Thursday	Friday
		<u>1</u>	<u>2</u>	<u>3</u>
<u>6</u>	<u>7</u> Teacher's Institute No School	<u>8</u> (Freshman Only)	<u>9</u> Mac and Cheese With Whole Grain Dinner Roll Walking Taco's Baby Whole Carrot/ Dip Refried Beans Mixed Green Salad Spanish Rice Fruit Cocktail Applesauce	<u>10</u> Bacon Cheeseburger On A Whole Grain Bun Spicy Chicken Breast On A Whole Grain Bun Oven Baked French Fries Mix Green Salad Fresh Apple
<u>13</u> Cowboy Cavatina With Whole Grain Garlic Stick Breaded Chicken Breast On A Whole Grain Bun Broccoli Mixed Green Salad Fresh Orange	<u>14</u> Italian Chicken Breast on a Whole Grain Bun Pork Tenderloin on a Whole Grain Bun Green Bean Mixed Green Salad Baked Sweet Potato Fries Fresh Banana	<u>15</u> Chicken Alfredo Whole Grain Dinner Roll Corn Dogs Mixed Green Salad Carrots Baked Beans Fresh Pear	<u>16</u> Philly Steak on Whole Grain Bun BBQ Riblet On A Whole Grain Bun Oven Baked French Fries Mixed Green Salad Peaches Mandarin Oranges	<u>17</u> Cheeseburger on Whole Grain Bun Stuffed Crust Pizza Mixed Green Salad Baby Whole carrot/ Dip Oven Baked French Fries Fresh Apple
<u>20</u> Cheese Lasagna Served With A Whole Grain Garlic Bread Boneless Chicken Wings With A Garlic Bread Carrots Mixed Green Salad Peaches Mandarin Oranges	<u>21</u> BBQ Pork On A Whole Grain Bun Pasta Bar With Whole Grain Garlic Bread Oven Baked Sweet Potato Baked Beans Mixed Green Salad Fresh Apple	<u>22</u> Chicken Strips With Whole Grain Dinner Roll Meatball Sub On A Fresh Baked Whole Grain Sub Roll Green Bean Mixed Green Salad Oven Baked French Fry Fresh Orange	<u>23</u> Chicken Fajita Spanish Rice Fish Sticks With A Whole Grain Dinner Roll Broccoli Mixed Green Salad Pears Applesauce	<u>24</u> Pork Tenderloin On A Whole Grain Bun Spicy Chicken Breast On A Whole Grain Bun Baby Whole Carrot/ Dip Oven Baked French Fry Mixed Green Salad Fresh Banana
<u>27</u> Bacon Cheeseburger on Whole Grain Bun Breaded Chicken Breast on Whole Grain Bun Oven Baked French Fries Mixed Green Salad Carrots Fresh Pear	<u>28</u> Chicken Enchiladas Spanish Rice Taco & Cheese Burrito Mixed Green Salad Corn Applesauce Assorted Sorbet	<u>29</u> Mandarin Orange Chicken Fried Rice Fajita Chicken Breast Whole Grain Bun Mixed Green Salad Baby Whole Carrots Broccoli Fresh Apple	<u>30</u> Cheese Ravioli With A Whole Grain Garlic Stick All Beef Hot Dog On a Whole Grain Bun Carrots Baked Beans Fresh Orange Cookie	<u>31</u> Mike's Cheese Bites Hot Turkey With Pepper Jack Cheese On A Whole Grain Pretzel Bun Oven Baked French Fries Mixed Green Salad Fresh Apple

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discrimination on the basis of race, color, national origin, sex, age, or disability



UTEC BREAKFAST MENU

**August
2018**

*Milk choice includes:
Choice of non-fat (flavored or unflavored) or 1% milk (unflavored)
Menu subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
6	7 Teacher's Institute No School	8 (Freshman Only)	9 Blueberry Muffin Mandarin Oranges Strawberries	10 Breakfast Pizza Pineapple Fruit Cocktail
13 Banana Bread Fruit Cocktail Mandarin Oranges	14 Chocolate Mint Donut Fresh Banana	15 Bagel Cream Cheese Apricots Orange Juice	16 Cheese Omelet Apple Muffin Applesauce Pears	17 Pancakes/ Syrup Bacon Assorted Fresh Fruit
20 Apple Cinnamon Muffin Pears Orange Juice	21 Breakfast Pizza Fresh Banana	22 Zucchini Bread Fresh Apple	23 Whole Grain Cereal Mandarin Oranges Pineapple	24 Pancake & Sausage On A Stick/Syrup Fresh Orange
27 Raspberry Yogurt Graham Crackers Pears Fruit Cocktail	28 Egg Sausage Cheese Croissant Fresh Banana	29 Glazed Donut Peaches Orange Juice	30 Banana Bread Peaches Pears	31 Pop Tarts Fresh Apple



UTEC/PHOENIX LUNCH MENU

**August
2018**

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**Menu subject to change*

Monday	Tuesday	Wednesday	Thursday	Friday
		<u>1</u>	<u>2</u>	<u>3</u>
<u>6</u>	<u>7</u> Teacher's Institute No School	<u>8</u> (Freshman Only)	<u>9</u> Mac and Cheese With Whole Grain Dinner Roll Baby Whole Carrot/ Dip Mixed Green Salad Fruit Cocktail Applesauce	<u>10</u> Spicy Chicken Breast On A Whole Grain Bun Oven Baked French Fries Mix Green Salad Fresh Apple
<u>13</u> Breaded Chicken Breast On A Whole Grain Bun Broccoli Mixed Green Salad Fresh Orange	<u>14</u> Pork Tenderloin on a Whole Grain Bun Green Bean Mixed Green Salad Baked Sweet Potato Fries Fresh Banana	<u>15</u> Corn Dogs Mixed Green Salad Baby Whole carrot/ Dip Baked Beans Fresh Pear	<u>16</u> Philly Steak on Whole Grain Bun Oven Baked French Fries Mixed Green Salad Peaches Mandarin Oranges	<u>17</u> Stuffed Crust Pizza Mixed Green Salad Baby Whole carrot/ Dip Fresh Apple
<u>20</u> Cheese Lasagna Served With A Whole Grain Garlic Bread Carrots Mixed Green Salad Peaches Mandarin Oranges	<u>21</u> BBQ Pork On A Whole Grain Bun Oven Baked Sweet Potato Baked Beans Fresh Apple	<u>22</u> Chicken Strips With Whole Grain Dinner Roll Mixed Green Salad Oven Baked French Fry Fresh Orange	<u>23</u> Fish Sticks With A Whole Grain Dinner Roll Broccoli Mixed Green Salad Pears Applesauce	<u>24</u> Spicy Chicken Breast On A Whole Grain Bun Baby Whole Carrot/ Dip Oven Baked French Fry Fresh Banana
<u>27</u> Bacon Cheeseburger on Whole Grain Bun Oven Baked French Fries Carrots Fresh Pear	<u>28</u> Taco & Cheese Burrito Spanish Rice Mixed Green Salad Corn Applesauce Assorted Sorbet	<u>29</u> Mandarin Orange Chicken Fried Rice Baby Whole Carrots Broccoli Fresh Apple	<u>30</u> All Beef Hot Dog On a Whole Grain Bun Baby Whole Carrots Baked Beans Fresh Orange Cookie	<u>31</u> Pizza Oven Baked French Fries Mixed Green Salad Fresh Apple