



# 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 <b>Teacher's Institute No School</b>	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> <b>Teacher's Institute No School</b>	<u>8</u>  (Freshman Only)	<u>9</u>  Mac and Cheese With Whole Grain Dinner Roll Walking Taco's <b>Baby Whole Carrot/ Dip</b> 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 <b>Baked Sweet Potato Fries</b> Fresh Banana	<u>15</u>  Chicken Alfredo Whole Grain Dinner Roll Corn Dogs Mixed Green Salad <b>Carrots</b> 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 <b>Baby Whole carrot/ Dip</b> 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 <b>Carrots</b> Mixed Green Salad Peaches Mandarin Oranges	<u>21</u>  BBQ Pork On A Whole Grain Bun Pasta Bar With Whole Grain Garlic Bread <b>Oven Baked Sweet Potato</b> 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 <b>Baby Whole Carrot/ Dip</b> 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 <b>Carrots</b> 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 <b>Baby Whole Carrots</b> Broccoli Fresh Apple	<u>30</u>  Cheese Ravioli With A Whole Grain Garlic Stick All Beef Hot Dog On a Whole Grain Bun <b>Carrots</b> Baked Beans Fresh Orange <b>Cookie</b>	<u>31</u>  NO LUNCH

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**

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\*Menu subject to change*

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
6	7 <b>Teacher's Institute No School</b>	8  (Freshman Only)	9  Blueberry Muffin Mandarin Oranges Strawberries	10  <b>Breakfast Pizza Pineapple Fruit Cocktail</b>
13  Banana Bread Fruit Cocktail Mandarin Oranges	14  Chocolate Mint Donut Fresh Banana	15  Bagel Cream Cheese Apricots Orange Juice	16  <b>Cheese Omelet Apple Muffin Applesauce Pears</b>	17  <b>Pancakes/ Syrup Bacon Assorted Fresh Fruit</b>
20  Apple Cinnamon Muffin Pears Orange Juice	21  <b>Breakfast Pizza Fresh Banana</b>	22  Zucchini Bread Fresh Apple	23  Whole Grain Cereal Mandarin Oranges Pineapple	24  <b>Pancake &amp; Sausage On A Stick/Syrup Fresh Orange</b>
27  Raspberry Yogurt Graham Crackers Pears Fruit Cocktail	28  <b>Egg Sausage Cheese Croissant Fresh Banana</b>	29  <b>Glazed Donut Peaches Orange Juice</b>	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> <b>Teacher's Institute No School</b>	<u>8</u> (Freshman Only)	<u>9</u> Mac and Cheese With Whole Grain Dinner Roll <b>Baby Whole Carrot/ Dip</b> 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 <b>Baked Sweet Potato Fries</b> Fresh Banana	<u>15</u> Corn Dogs Mixed Green Salad <b>Baby Whole carrot/ Dip</b> 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 <b>Baby Whole carrot/ Dip</b> Fresh Apple
<u>20</u> Cheese Lasagna Served With A Whole Grain Garlic Bread <b>Carrots</b> Mixed Green Salad Peaches Mandarin Oranges	<u>21</u> BBQ Pork On A Whole Grain Bun <b>Oven Baked Sweet Potato</b> 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 <b>Baby Whole Carrot/ Dip</b> Oven Baked French Fry Fresh Banana
<u>27</u> Bacon Cheeseburger on Whole Grain Bun Oven Baked French Fries <b>Carrots</b> 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 <b>Baby Whole Carrots</b> Broccoli Fresh Apple	<u>30</u> All Beef Hot Dog On a Whole Grain Bun <b>Baby Whole Carrots</b> Baked Beans Fresh Orange <b>Cookie</b>	<u>31</u> Pizza Oven Baked French Fries Mixed Green Salad Fresh Apple