



UNITED TOWNSHIP HIGH SCHOOL BREAKFAST

**August
2017**

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 Teacher's Institute No School	2	3 Fresh Baked Cinnamon Roll Fresh Banana	4 Scrambled Eggs Hash Brown Cinnamon Gold Fish Mandarin Oranges Fresh Strawberries
7 Egg Sausage Cheese Croissant Fresh Orange	8 Glazed Donut Assorted Juice Raisin	9 Pancakes/Syrup Sausage link Peaches Apple Sauce	10 Ham and Cheese Quiche Toast and Jelly Fresh Apple	11 Breakfast Pizza Pineapple Fruit Cocktail
14 Scrambled Eggs Assorted Muffin Fruit Cocktail Mandarin Oranges	15 Breakfast Bagel Peaches Orange Juice	16 Egg Sausage Cheese Biscuit Apricots Pears	17 Waffle /Syrup Sausage Pattie Fresh Apple	18 Breakfast Burrito Fresh Strawberries Red Grapes
21 Cheese Omelet Blueberries Muffin Pears Orange Juice	22 Breakfast Pizza Fresh Banana	23 French Toast/Syrup Sausage links Fresh Apple	24 Vegetable Quiche Assorted Muffin Mandarin Oranges Pineapple	25 Glazed Donut Fresh Orange
28 Breakfast Pizza Pears Fruit Cocktail	29 Egg Sausage Cheese Croissant Fresh Banana	30 Biscuit and Gravy Peaches Orange Juice	31 Scrambled Egg English Muffin/ Jelly Peaches Pears	



UNITED TOWNSHIP HIGH SCHOOL LUNCH

August 2017

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> Teacher's Institute No School	<u>2</u> Pizza BBQ Beef Rib Patty on a Whole Grain Bun Carrots Mixed Green Salad Baked French Fries Fresh Apple (Freshman Only)	<u>3</u> Hot Turkey and Swiss On A Whole Grain Croissant Walking Taco's Baby Whole Carrot/ Dip Refried Beans Mixed Green Salad Spanish Rice Fruit Cocktail Applesauce	<u>4</u> Mac and Cheese With Whole Grain Dinner Roll Cheeseburger on Whole Grain Bun Baked French Fries Mixed Green Salad Carrots Peaches Pears
<u>7</u> Chicken Strips with Whole Grain Dinner Roll Pepperoni Calzone Mixed Green Salad Green Beans Baby Whole Carrot/ Dip Mandarin Oranges Applesauce	<u>8</u> Chicken Parmesan With Whole Wheat Noodles Cheesy Ravioli With Whole Grain Garlic Toast Mixed Green Salad Carrots Fresh Banana	<u>9</u> Sweet and Sour Chicken with Fried Rice BBQ Pork on Whole Grain Bun Mixed Green Salad Broccoli Fresh Apple	<u>10</u> Cheeseburger on Whole Grain Bun Hot Ham and Swiss On A Whole Grain Croissant Peas Mixed Green Salad Baked French Fries Pears Fruit Cocktail	<u>11</u> Pasta Bar Spicy Chicken Breast On A Whole Grain Bun Baby Whole Carrot/ Dip Mix Green Salad Applesauce Assorted Sorbet
<u>14</u> Italian Chicken Breast on a Whole Grain Bun Pork Tenderloin on a Whole Grain Bun Baked Beans Mixed Green Salad Baked Sweet Potato Fries Applesauce Pears	<u>15</u> Beef, Bean and Red Chili Burrito Breaded Chicken Breast On A Whole Grain Bun Spanish Rice Peas Mexican Corn Fresh Orange	<u>16</u> Chicken Alfredo Whole Grain Dinner Roll Corn Dogs Mixed Green Salad Carrots Baked Beans Applesauce Fruit Cocktail Cookie	<u>17</u> Philly Steak on Whole Grain Bun Cowboy Cavatina With Whole Grain Garlic Toast Green Beans Mixed Green Salad Peaches Mandarin Oranges	<u>18</u> Cheeseburger on Whole Grain Bun Stuffed Crust Pizza Mixed Green Salad Baby Whole carrot/ Dip Oven Baked French Fries Fresh Apple
<u>21</u> Cheese Lasagna Served With A Whole Grain Garlic Bread Sloppy Joe On Whole Grain Bun Carrots Oven Baked French Fries Mixed Green Salad Peaches Fruit Cocktail	<u>22</u> Chicken Nugget With Whole Grain Dinner Roll Pasta Bar With Whole Grain Garlic Bread Baby Whole Carrot/ Dip Broccoli Mixed Green Salad Pineapple Applesauce	<u>23</u> Spicy Chicken on Whole Grain Bun Cheeseburger on a Whole Grain Bun Bake Beans Mixed Green Salad Oven Baked French Fry Fresh Orange	<u>24</u> Chicken Fajita Fried Rice Fish Sandwich on a Whole Grain Bun Peas Mixed Green Salad Pears Applesauce	<u>25</u> Country Fried Steak With Whole Grain Dinner Roll Breaded Chicken Leg With Whole Grain Dinner Roll Carrots Mashed Potato with Gravy Mixed Green Salad Mandarin Orange Pears
<u>28</u> Deluxe Cheeseburger on Whole Grain Bun Breaded Chicken Breast on Whole Grain Bun Oven Baked French Fries Mixed Green Salad Carrots Fresh Orange	<u>29</u> Stuffed Crust Pizza Hot Turkey and Swiss On A Whole Grain Croissant Mixed Green Salad Broccoli Blueberries Assorted Sorbet	<u>30</u> Mandarin Orange Chicken Fried Rice BBQ Beef Rib Patty on a Whole Grain Bun Mixed Green Salad Baby Whole Carrots Baked French Fries Fresh Apple	<u>31</u> Mac and Cheese With Whole Grain Dinner Roll All Beef Hot Dog On a Whole Grain Bun Carrots Baked Beans Fruit Cocktail Applesauce Cookie	

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
2017**

*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 Fresh Baked Cinnamon Roll Fresh Banana	4 Blueberry Muffin Applesauce Peaches
7 Banana Bread Fresh Apple	8 Chocolate Mint Donut Fresh Banana	9 Pancakes /Syrup Sausage Pattie Fresh Apple	10 Whole Grain Cereal Graham Cracker Apple sauce Orange Juice	11 Bagel Cream Cheese Pineapple Fruit Cocktail
14 Whole Grain Honey Bun Fresh Apple	15 Whole Grain Cereal Graham Cracker Apricot Pears	16 Pop Tarts Peaches Orange Juice	17 Blueberry Muffin Mandarin Oranges Peaches	18 Breakfast Burrito Fresh Strawberries Red Grapes
21 Apple Cinnamon Muffin Orange Juice Pear	22 Breakfast Pizza Fresh Banana	23 Zucchini Bread Applesauce Peaches	24 Whole Grain Cereal String Cheese Fresh Apple	25 Raspberry Yogurt Graham Crackers Fresh Oranges
28 Banana Bread Fresh Orange	29 Whole Grain Honey Bun Fresh Banana	30 Biscuit and Gravy Fresh Apple	31 Bagel Cheam Cheese Peaches Pear	



UTEC/PHOENIX LUNCH MENU

**August
2017**

Milk choice includes: Choice of non-fat (flavored or unflavored) or 1% milk (unflavored)

**Menu subject to change*

Monday	Tuesday	Wednesday	Thursday	Friday
	<u>1</u> Teacher's Institute No School	<u>2</u> No School	<u>3</u> Walking Taco's Baby Whole Carrot/ Dip Refried Beans Spanish Rice Fruit Cocktail Applesauce	<u>4</u> Cheeseburger on Whole Grain Bun Baked French Fries Carrots Peaches Pears
<u>7</u> Chicken Strips with Whole Grain Dinner Roll Mixed Green Salad Baby Whole Carrot/ Dip Mandarin Oranges Applesauce	<u>8</u> Cheesy Ravioli With Whole Grain Garlic Toast Mixed Green Salad Carrots Fresh Banana	<u>9</u> Sweet and Sour Chicken with Fried Rice Mixed Green Salad Broccoli Fresh Apple	<u>10</u> Cheeseburger on Whole Grain Bun Peas Baked French Fries Pears Fruit Cocktail	<u>11</u> Spicy Chicken Breast On A Whole Grain Bun Baby Whole Carrot/ Dip Mix Green Salad Applesauce Mandarin Oranges
<u>14</u> Italian Chicken Breast on a Whole Grain Bun Baked Beans Baked Sweet Potato Fries Applesauce Pears	<u>15</u> Beef, Bean and Red Chili Burrito Spanish Rice Peas Mexican Corn Fresh Orange	<u>16</u> Corn Dogs Carrots Baked Beans Applesauce Fruit Cocktail Cookie	<u>17</u> Philly Steak on Whole Grain Bun Green Beans Mixed Green Salad Peaches Mandarin Oranges	<u>18</u> Stuffed Crust Pizza Mixed Green Salad Baby Whole carrot/ Dip Fresh Apple
<u>21</u> Spicy Chicken on Whole Grain Bun Carrots Oven Baked French Fries Peaches Fruit Cocktail	<u>22</u> Chicken Nugget With Whole Grain Dinner Roll Baby Whole Carrot/ Dip Mixed Green Salad Pineapple Applesauce	<u>23</u> Pork Tenderloin on a Whole Grain Bun Bake Beans Oven Baked French Fry Fresh Apple	<u>24</u> Chicken Fajita Fried Rice Broccoli Mixed Green Salad Peaches Applesauce	<u>25</u> Country Fried Steak With Whole Grain Dinner Roll Carrots Mashed Potato with Gravy Mandarin Orange Pears
<u>28</u> Deluxe Cheeseburger on Whole Grain Bun Oven Baked French Fries Carrots Fresh Orange	<u>29</u> Stuffed Crust Pizza Mixed Green Salad Broccoli Blueberries Pineapple	<u>30</u> BBQ Beef Rib Patty on a Whole Grain Bun Baby Whole Carrots Baked French Fries Fresh Apple	<u>31</u> All Beef Hot Dog On a Whole Grain Bun Carrots Baked Beans Fruit Cocktail Applesauce Cookie	