

BREAKFAST

All breakfast includes the following components:
 2 Oz. Grains, 1 Cup Fruit & 1 Cup Milk.
 *Optional breakfast is cereal, crackers, fruit & milk

AUGUST 2023

Cascade Union Elementary School District

LUNCH

All lunches include the following components:
 1 Cup Milk, 1-2 Oz. Meat/Meat Alt., 1-2 Oz Grains Fruit & vegetables

Monday

Tuesday

Wednesday

Thursday

Friday

1

2

3

4

7

8

9

10

11

14

15

BREAKFAST:

A TO Z MUFFINS
 STRING CHEESE & FRUIT

LUNCH:

NACHOS
 REFRIED BEANS
 FRUIT

16

BREAKFAST:

EGGS & TOAST
 FRUIT

LUNCH:

EGG MCMUFFIN
 HASHBROWNS
 FRUIT

17

BREAKFAST:

WAFFLES
 FRUIT

LUNCH:

CORN DOG & CHIPS
 SALAD
 PEARS

18

BREAKFAST:

SAUSAGE & CHEESE BISCUIT
 FRUIT

LUNCH:

CHICKEN TENDERS
 MASHED POTATOES
 FRUIT

21

BREAKFAST:

FRUIT & YOGURT PARFAIT

LUNCH:

CHICKEN, RICE & BEAN BURRITO
 VEGGIE JUICE
 FRUIT

22

BREAKFAST:

A TO Z MUFFINS
 STRING CHEESE & FRUIT

LUNCH:

BBQ CHICKEN SLIDERS
 SALAD
 FRUIT

23

BREAKFAST:

EGGS & TOAST
 FRUIT

LUNCH:

MAC & CHEESE
 GREEN BEANS
 PEARS

24

BREAKFAST:

WAFFLES
 FRUIT

LUNCH:

CHICKEN PATTY SANDWICH
 CORN & FRUIT
 BIRTHDAY TREAT

25

BREAKFAST:

SAUSAGE & CHEESE BISCUIT
 FRUIT

LUNCH:

LUNCHABLE & CHIPS
 SALAD
 FRUIT

28

BREAKFAST:

FRUIT & YOGURT PARFAIT

LUNCH:

SOFT TACOS
 SALAD
 FRUIT

29

BREAKFAST:

A TO Z MUFFINS
 STRING CHEESE & FRUIT

LUNCH:

CHICKEN ALFREDO W/ ROTINI
 SALAD
 FRUIT

30

BREAKFAST:

EGGS & TOAST
 FRUIT

LUNCH:

HOT DOG & CHIPS
 GREEN BEANS
 PEARS

31

Happy Birthday to everyone with a birthday in August!
 Birthday treat comes with hot lunch only.

Menus are subject to change
 This institution is an equal opportunity provider.