



**August 2018**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
29	30	31	1	2	3	4
	<b>Grades 7-12 Reimbursable Lunch</b> Must choose 3 Components with one being at least a 1/2 cup of fruit or vegetable. 1. Whole Grain 2. Fruit 3. Vegetable 4. Meat/Meat alternate 5. Milk 1% , Skim					
5	6	7	8	9	10	11
12	13	14	15	<b>Hot Dog-Bun</b> Mustard & Ketchup French Fries Orange Milk-Variety	<b>Pizza</b> Salad w/Tomato Ranch Dressing Corn Apple Milk—Variety	18
19	<b>Hamburger-Bun</b> Cheese Slice Onion & Pickles French Fries Ketchup Peaches Milk—Variety	<b>Rib Pattie Smothered in BBQ Sauce</b> Scallop Potatoes Slaw Bread Slice Applesauce w/Jell-O Milk—Variety	<b>Chicken Nuggets</b> Macaroni & Cheese Baked Beans Bread Slice Fruit Milk—Variety	<b>Beef &amp; Cheese Nachos</b> Corn Mixed Fruit Cookie Milk—Variety	<b>Ham &amp; Cheese Sandwich</b> Salad Dressing Lettuce & Tomato Broccoli & Carrots (Ranch) Pretzels Apple Milk—Variety	25
26	<b>Chicken Sandwich-Bun</b> Salad Dressing Cheese Slice French Fries Ketchup Peaches Milk—Variety	<b>Salisbury Steak w/ Gravy</b> Mashed Potatoes Green Beans Hot Roll w/margarine Pears Milk—Variety	<b>Corn Dog</b> Macaroni & Cheese Baked Beans Bread Slice Fruit Milk—Variety	<b>Walking Taco</b> Taco Meat/Doritos Shredded Cheese Shredded Lettuce Diced Tomatoes Corn Cookie Fruit Milk—Variety	<b>Bologna &amp; Cheese Sandwich</b> Salad Dressing Lettuce & Tomato Broccoli & Carrots (Ranch) Plain Chips Apple Milk—Variety	31

*Bulldog Strong*

**GIDEON CAFETERIA LUNCH MENU**



**SECOND CHOICE DAILY: CHEF SALAD**

MENUS ARE SUBJECT TO CHANGE  
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