

# August / September 2022

## SRVS Nutrition

Simms High / Fort Shaw Middle / Vaughn



8/22 Orange Chicken Fried Brown Rice	8/23 Sloppy Joes House Made Pasta Salad	8/24 Turkey & Cheddar Wrap Harvest Chips	8/25 Chicken Burger House Made Potato Salad
8/29 Pulled Pork Sandwich Fresh Coleslaw	8/30 Beef Taco Bar	8/31 Teriyaki Chicken Asian Noodles	9/01 Battered Fish & Chips
9/05  <b>No School!</b>	9/06 Orange Chicken Fried Brown Rice	9/07 Baked Potato Bar	9/08  9/09 <i>No School</i>
9/12 	9/13 Arroz Con Pollo	9/14 Beef Burger Herb Roasted Potatoes	9/15 Chicken Chow Mein
9/19 Pulled Pork Sandwich Fresh Coleslaw	9/20 Beef Taco Bar	9/21 Teriyaki Chicken Asian Noodles	9/22 Battered Fish & Chips
9/26 Chicken Enchilada Bake	9/27 Sloppy Joes House Made Pasta Salad	9/28 Spaghetti & Meatballs Fresh Bread	9/29 Orange Chicken Fried Brown Rice



**C**are about others  
**A**re safe  
**T**reat others with respect  
**S**olve problems responsibly



# Get Fueled

**\*ALLERGAN Alert\*** Let us know

**Breakfast Includes: Protein / Grain / Fruit / Milk or Juice - Lunch Includes: Protein / Salad / Grain / Veggies / Milk**

**Note:** The Kitchen staff does not discriminate based on race, color, national origin, sex, age or disability



# September 2022

## BREAKFAST MENU

MENU IS SUBJECT TO CHANGE

MON	LABOR	TUE	WED	THU	Pop-tart
5	DAY	6	7	8	Yogurt/Cheese
	NO	Benefit Bar	Yogurt/Cheese		Fruit
	SCHOOL	Yogurt/Cheese	Fruit		Milk
		Milk	Milk		

MON	Cereal	TUE	WED	THU	Sausage pancake sticks
12	Yogurt/Cheese	13	14	15	Yogurt/Cheese
	Fruit	Muffin	Benefit Bar		Fruit
	Milk	Yogurt/Cheese	Yogurt/Cheese		Milk
		Fruit	Fruit		
		Milk	Milk		

MON	Cereal	TUE	WED	THU	Pop-tart
19	Yogurt/Cheese	20	21	22	Yogurt/Cheese
	Fruit	Benefit Bar	Pumpkin bread		Fruit
	Milk	Yogurt/Cheese	Yogurt/Cheese		Milk
		Fruit	Fruit		
		Milk	Milk		

MON	Cereal	TUE	WED	THU	Sausage pancake sticks
26	Yogurt/Cheese	27	28	29	Yogurt/Cheese
	Fruit	Muffin	Benefit Bar		Fruit
	Milk	Yogurt/Cheese	Yogurt/Cheese		Milk
		Fruit	Fruit		
		Milk	Milk		

MON		TUE	WED	THU	