

# AUGUST



Monday


Tuesday

Wednesday

Thursday

Friday

Nutrients

<p>14</p> 	<p>15</p>	<p>16</p>	<p>17</p>	<p>18</p> <p>Lunch Meal Prices:                  \$2.50 High School                  \$2.50 Middle School                  \$2.25 Elementary</p>	<p>Don't forget to turn                  in your Meal                  Applications!!</p>
<p>21</p> <p>Cheese Pizza                  Fruit/Veggie Bar                  Milk FF                  Milk</p>	<p>22</p> <p>Chicken Fajita                  Salsa                  Spanish Rice                  Fruit/Veggie Bar                  Milk FF                  Milk</p>	<p>23</p> <p>Sloppy Joe                  Fruit/Veggie Bar                  Milk FF                  Milk</p>	<p>24</p> <p>Submarine Sandwich                  Fruit/Veggie Bar                  Milk FF                  Milk</p>	<p>25</p> <p>Mandarin Chicken                  Rice                  Fruit/Veggie Bar                  Milk FF                  Milk</p>	<p>Cal 1063                  T.Fat 12.59 G                  Sodm 1109.75 Mg                  Carb 211.35 G                  Prtn 39.96 G</p>
<p>28</p> <p>Hamburger on a Bun                  Catsup &amp; Pickles                  Fruit/Veggie Bar                  Milk FF                  Milk</p>	<p>29</p> <p>Grilled Cheese Sandwich                  Tomato Soup                  Fruit/Veggie Bar                  Milk FF                  Milk</p>	<p>30</p> <p>Roasted Chicken                  Whole Wheat Roll                  Fruit/Veggie Bar                  Milk FF                  Milk</p>	<p>31</p> <p>P.B. &amp; Jelly Sandwich                  String Cheese                  Fruit/Veggie Bar                  Milk FF                  Milk</p>	<p>This institution is an                  equal opportunity                  provider.</p>	<p>Cal 1182                  T.Fat 19.46 G                  Sodm 1211.85 Mg                  Carb 216.44 G                  Prtn 45.09 G</p>

Cortez Schools  
 Lunch Menu/2017-2018  
 Menu subject to change due to  
 availability and seasonality.