

Luncheras Di Si

Summer Cycle  
HHFKA 9-12 (age 14-18)



Monday	Tuesday	Wednesday	Thursday	Friday
		Aug 1 NO SCHOOL TODAY	Aug 2 NO SCHOOL TODAY	Aug 3 NO SCHOOL TODAY
Aug 6 NO SCHOOL TODAY	Aug 7 NO SCHOOL TODAY	Aug 8 NO SCHOOL TODAY	Aug 9 NO SCHOOL TODAY	Aug 10 NO SCHOOL TODAY
Aug 13 NO SCHOOL TODAY	Aug 14 NO SCHOOL TODAY	Aug 15 NO SCHOOL TODAY	Aug 16 NO SCHOOL TODAY	Aug 17 NO SCHOOL TODAY
Aug 20 Burrito Bowl Cheddar shredded Beans & Corn Peaches Choice of Milk	Aug 21 Spaghetti & Meatballs Meatballs 1 oz inc. Carrots & Tomato Apple Juice Choice of Milk	Aug 22 WW Chicken Fajitas Incl. Onions & R Peppers Fresh Bananas Choice of Milk	Aug 23 Pizza inc. Marinara Sauce Ranch Dressing (ss) Tossed Green Salad Fresh Cantaloupe Choice of Milk	Aug 24 Cheesy Nachos & Bean Dip Cheese (MA) Pico w/ Tomatoes & Onions Fresh Oranges Choice of Milk
Aug 27 Teriyaki Beef & Broccoli Brown Rice Apple Juice Choice of Milk	Aug 28 Fried Rice w/Broccoli, Carrot & Peppers Chicken Peaches Choice of Milk	Aug 29 Beef Hot Dog with WG Bun WG Hot Dog Bun Hummus & Carrots Fresh Apples Choice of Milk	Aug 30 Chicken Tenders & Waffles Roasted Potatoes Maple Syrup Fresh Bananas Choice of Milk	Aug 31 Wrap - Chicken Tender Grape Tomatoes Ranch Dressing (ss) Fresh Pears Choice of Milk

**MILK: Choice of unflavored 1% or flavored fat free milk. ONE CUP FRESH FRUIT available daily. DAIRY- FREE (DF), GLUTEN FREE (GF), VEGAN (VG) AND VEGETARIAN (V) options available daily upon request. ONE CUP OF LOCALLY GROWN VEGETABLES AND FRUIT DAILY. LOCAL PRODUCE FOR EACH MONTH ARE: (JULY) Tomatoes, blackberries, blueberries, raspberries, beets, cherries, zucchini, cantaloupe, red peppers, summer squash, apricots, peaches, cucumbers, green beans, arugula, cabbage, lettuce, nectarines and spinach (AUG) Corn, tomatoes, blackberries, blueberries, raspberries, beets, zucchini, cantaloupe, peppers, squash, apricots, peaches, cucumbers, green beans, carrots, watermelon, pears, lettuce, and spinach.**

**WG = Whole Grain      WW = Whole Wheat**

**Aug 21, 2018**