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Assorted Fruit Cups
Cool Tropics Slushie
or Wawona Fruit Pop

## August Lunch

Vegetables offered daily:
M: Hummus & Baby Carrots
T: Spicy Lime Cucumbers & Side Salad
W: Baby Carrots & Celery Sticks
Th: Cheesy Broccoli & Spicy Cucumber
F: Spicy Carrots & Mexican Street Corn





All meals include the following components: Grain, Meat or Meat Alternative, Fruit, Vegetable, and Milk. Students must select 3 out of the 5 components offered, with one component being a fruit or vegetable.

Assorted Condiments: (optional vary daily) Mustard, Mayonnaise, Ketchup, Tapatio. Milk: 1% Low-fat White Milk, 16 g, and Nonfat Chocolate Milk, 20 g, offered daily with each meal. All milk is locally sourced and rBST hormone free. \*\* Milk is NOT required with Meals\*\*