

<b>Menu Name:</b> August 2023 Spectrum High School Grades 6-12 Lunch Menu				<b>Options Provided:</b> Hot & Cold Meals		
<b>Grade Levels:</b> Grades 6-12				<b>Meal Pattern:</b> NSLP		
				<b>Meal:</b> Lunch		
<b>Hot Meal</b>	Monday, August 28, 2023	Tuesday, August 29, 2023	Wednesday, August 30, 2023	Thursday, August 31, 2023	<b>Week III</b>	
	<b>Chicken Tenders &amp; Ketchup</b>	<b>CKC Sweet &amp; Sour Meatballs</b>	<b>"New" Smoky Texas Chicken Drumstick</b>	<b>Greek Nachos</b>		<i>"I never had much of an interest in cooking until I was in university. But once I started cooking, I found out how much I enjoyed it. One of the first dishes that I learned how to cook was Spicy Asian Honey Chicken Wings. It's an easy to cook dish that's way too tasty for its simplicity. There are many different ways to cook this dish and it seems like everyone does it their own way" - Xeng</i>
	Cracker Crisps	Seasoned Rice	WG Bakery Roll	Seasoned Meat, Corn Tortilla Chips		
	Street Corn Salad	Baby Carrots	Fresh Sliced Cucumbers	Tatziki Sauce		
	Cinnamon Apples	Chilled Pears	Banana	Banzo Salad		
Choice Milk	Choice Milk	Grahams & Choice Milk	Grapes Bunch & Choice Milk			
<b>***Cold</b>	<b>Wowbutter &amp; Jelly sandwich</b>	<b>Honey Mustard Chicken Bun</b>	<b>Turkey Bun w/ Mayo</b>	<b>Chicken Caesar Wrap</b>		

\*\*\* Cold meals are served with vegetables, fruit of the day, and milk.

Skim & 1% Milk Served Daily.  
All Bread/Bread Products/Chips/Tortilla/Pastas Listed In the menu are Whole Grain Products.  
All Rice Dishes/Rice Products are made of Whole Grain Brown Rice.

© CKC Good Food®

Menu is subject to infrequent changes