

Choice of 1%, Chocolate or Strawberry Milk

Garden Dippers include 4 carrot Sticks, 2 broccoli florets, 4 cherry tomatoes (1/2c R/O, 1/4DG) & Ranch.

Side Salad includes 1 cup Romaine, 2 cherry tomatoes 1/8c, cucumbers 1/8c, shredded carrots 1/8c

**AUGUST 2023**

**Central Florida Academy K-8th**

Turkey & Cheese Sandwich

Carrot Sticks ¾ cup

Whole Fruit ½ cup

Turkey & Cheese Sandwich

Carrot Sticks ¾ cup

Whole Fruit ½ cup

Cheese Pizza

Side Salad 1 cup

Mixed Fruit Cup ½ cup

Italian Sub

Celery Sticks ¾ cup

Fresh Sliced Fruit ½ cup

Chicken Sandwich

Waffle Fries ¾ cup

Pineapple Chunks ½ cup

Fiestada Pizza

Black Beans ½ cup

Salsa ¼ cup

Mandarin Oranges ½ cup

Crustless PB&J

String Cheese

Garden Dippers ¾ cup

Whole Fruit ½ cup

Cheese Pizza

Side Salad 1 cup

Mixed Fruit Cup ½ cup

Crustless PB&J

String Cheese

Garden Dippers ¾ cup

Fresh Sliced Fruit ½ cup

Hamburger

Waffle Fries ¾ cup

Mandarin Oranges ½ cup

Chicken Quesadilla

Black Beans ½ cup

Salsa ¼ cup

Pineapple Chunks ½ cup

Chicken Quesadilla

Black Beans ½ cup

Salsa ¼ cup

Pineapple Chunks ½ cup

Hamburger

Waffle Fries ¾ cup

Mandarin Oranges ½ cup

Crustless PB&J

String Cheese

Garden Dippers ¾ cup

Fresh Sliced Fruit ½ cup