

A selection of fruit & milk available with all meals. Check school website uplifteducation.org for additional information and updates.

AUGUST 2022

High School

Breakfast: FREE
Lunch:
Free & Reduced: Free
Paid: \$2.95
Menu Subject To Change

Monday

Lunch:

1

Chopped Beef
Or BBQ Beef Sandwich,
Onion & Pickle Cup
Green Beans & Cole Slaw

Lunch:

8

BBQ Drumstick or
Breaded Drumstick
Wheat Roll, Garden Salad &
Parmesan Roasted Broccoli

Lunch:

15

Chicken Or Spicy Sandwich,
Lettuce Cup
& Pinto Beans

Lunch:

22

Chopped Beef
Or BBQ Beef Sandwich,
Onion & Pickle Cup
Green Beans & Cole Slaw

Lunch:

29

BBQ Drumstick or
Breaded Drumstick
Wheat Roll, Garden Salad &
Green Beans

Tuesday

Lunch:

2

Chicken Or Buffalo Wings,
Wheat Roll
Carrot & Celery W/Ranch
& Flame Roasted Corn

Lunch:

9

Chicken Tenders Or Spicy
Tenders W/Texas Toast,
Corn &
Roasted Red Potato

Lunch:

16

Corndogs
Mixed Veggies &
Sweet Potato Fries

Lunch:

23

Chicken Or Buffalo Wings,
Wheat Roll
Carrot & Celery W/Ranch
Flame Roasted Corn

Lunch:

30

Dill Chicken Chunk
Or Spicy Tenders
W/Texas Toast,
Mashed Potatoes & Corn

Wednesday

Lunch:

3

Hamburger Or
Cheeseburger, Burger Cups,
Crinkle Cut Fries
& Green Beans

Lunch:

10

Hot Dog or Chili Dogs
W/BBQ Baked Beans
& Steamed Broccoli

Lunch:

17

Turkey Sandwich
or Chicken Fajita Sandwich
Lettuce Cups, Baked Chips
& Carrot Sticks

Lunch:

24

Hamburger Or
Cheeseburger, Burger Cups,
Potato Wedges
& Green Beans

Lunch:

31

Hot Dog or Chili Dogs
W/BBQ Baked Beans
& Steamed Broccoli

Thursday

Lunch:

4

Street Taco's w/Taco Cups
Or Beef Enchiladas
Roasted Corn & Peppers
& Pinto Beans

Lunch:

11

Chicken Fajita Bowl
W/Cilantro Lime Rice,
Steamed Carrots
& Mix Veggies

Lunch:

18

Beef Carne Guisada Bowl
W/Cilantro Rice
Broccoli & Corn

Lunch:

25

Street Taco's w/Taco Cups
Or Beef Enchiladas
& Pinto Beans

Friday

Lunch:

5

Pepperoni or
Cheese Pizza,
Steamed Carrots
& Broccoli

Lunch:

12

Veggie Pizza
Or Pepperoni Pizza,
Tomato W/Ranch
& Cucumbers

Lunch:

19

Pepperoni Pizza
Or Veggie Pizza,
Garden Salad
& Green Beans

Lunch:

26

Pepperoni or
Cheese Pizza,
Steamed Carrots
& Broccoli

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