

A selection of fruit & milk available with all meals. Check school website [uplifteducation.org](http://uplifteducation.org) for additional information and updates.

# AUGUST 2022

## Primary

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

### Monday

**Lunch:** **1**

Chopped Beef Sandwich,  
 Green Beans  
 & Cole Slaw

**Lunch:** **8**

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

**Lunch:** **15**

Chicken Sandwich,  
 Lettuce Cup  
 & Pinto Beans

**Lunch:** **22**

Chopped Beef Sandwich,  
 Green Beans  
 & Cole Slaw

**Lunch:** **29**

BBQ Drumstick,  
 Wheat Roll,  
 Garden Salad &  
 Green Beans

### Tuesday

**Lunch:** **2**

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

**Lunch:** **9**

Chicken Tenders,  
 Texas Toast,  
 Corn &  
 Roasted Red Potato

**Lunch:** **16**

Corndog,  
 Mixed Veggies &  
 Sweet Potato Fries

**Lunch:** **23**

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

**Lunch:** **30**

Dill Chicken Chunk,  
 Texas Toast,  
 Mashed Potato  
 & Corn

### Wednesday

**Lunch:** **3**

Hamburger,  
 Burger Cups,  
 Crinkle Cut Fries  
 & Green Beans

**Lunch:** **10**

Hot Dog,  
 BBQ Baked Beans  
 & Steamed Broccoli

**Lunch:** **17**

Turkey Sandwich,  
 Lettuce Cups,  
 Baked Chips  
 & Carrot Sticks

**Lunch:** **24**

Hamburger,  
 Burger Cups,  
 Potato Wedges  
 & Green Beans

**Lunch:** **31**

Hot Dog,  
 BBQ Baked Beans  
 & Steamed Broccoli

### Thursday

**Lunch:** **4**

Street Taco  
 W/Taco Cup  
 Roasted Corn & Peppers  
 & Pinto Beans

**Lunch:** **11**

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

**Lunch:** **18**

Carne Guisada Bowl,  
 W/Cilantro Lime Rice  
 Broccoli & Corn

**Lunch:** **25**

Street Taco  
 W/Taco Cup  
 Roasted Corn & Peppers  
 & Pinto Beans

### Friday

**Lunch:** **5**

Pepperoni Pizza  
 Steamed Carrots  
 & Broccoli

**Lunch:** **12**

Veggie Pizza ,  
 Tomato W/Ranch  
 & Cucumber

**Lunch:** **19**

Pepperoni Pizza  
 Garden Salad  
 & Green Beans

**Lunch:** **26**

Pepperoni Pizza  
 Steamed Carrots  
 & Broccoli

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