

# Teleos Prep Breakfast

## August 2017

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>7</b> Fruit Loops & NV Oat 'N Honey Bar w/ Fruit & Milk Choice	<b>8</b> Cinnamon Toast Bar, LF Cheese Stick w/ Fruit & Milk Choice	<b>9</b> Cereal & Yogurt w/ Fruit & Milk Choice	<b>10</b> Oatmeal w/ Wheat Toast, Fruit & Milk Choice	<b>11</b> ½ English Muffin w/ Scrambled Eggs, Sautéed Spinach, Fruit & Milk Choice
<b>14</b> Cereal w/ LF Cheese Stick, Fruit & 100% Juice Box w/ Milk Choice	<b>15</b> Ultimate Breakfast Round w/ Carrot Sticks w/ LF Ranch, Fruit & Milk Choice	<b>16</b> Cheese Crisp w/ Tomato Salad, Fruit & Milk Choice	<b>17</b> Trix Bar w/ NV Chewy Bar, Fruit & Milk Choice	<b>18</b> Turkey & Gravy Pizza w/ Fruit & Milk Choice
<b>21</b> Fruit Loops & NV Oat 'N Honey Bar w/ Fruit & Milk Choice	<b>22</b> Cinnamon Toast Bar, LF Cheese Stick w/ Fruit & Milk Choice	<b>23</b> Cereal & Yogurt w/ Fruit & Milk Choice	<b>24</b> Mini Waffles w/ Veggie Delight, Fruit & Milk Choice	<b>25</b> Toasted Pita Bread w/ Scrambled Eggs, Sautéed Spinach, Fruit & Milk Choice
<b>28</b> Cereal w/ LF Cheese Stick, Fruit & 100% Juice Box w/ Milk Choice	<b>29</b> Ultimate Breakfast Round w/ Broccoli w/ LF Ranch, Fruit & Milk Choice	<b>30</b> Cheese Crisp w/ Tomato Salad, Fruit & Milk Choice	<b>31</b> Oatmeal w/ Wheat Toast, Fruit & Milk Choice	

Milk is offered at both breakfast & lunch. This institution is an equal opportunity provider & employer. Due to a menu item's availability, students may not receive the planned meal & can be given another entrée from a different day. Meals are planned in accordance with the USDA dietary guidelines.

# Teleos Prep Lunch

# August 2017

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>7</b> Turkey Hot Dog w/ Culinary Cut Vegetables, Fruit & Milk Choice	<b>8</b> Pepperoni Pizza w/ Diced Carrots, Fruit & Milk Choice	<b>9</b> Roasted Chicken Legs, Baked Potato, WG Roll, Fruit & Milk Choice	<b>10</b> Turkey Sloppy Joe w/ Broccoli, Fruit & Milk Choice	<b>11</b> Cheese Quesadilla w/ Refried Beans, Fruit & Milk Choice
<b>14</b> Cod Sticks w/ Sweet Corn, Fruit & Milk Choice	<b>15</b> BBQ Meatballs w/ WG Rice, Green Beans, Fruit & Milk Choice	<b>16</b> Spaghetti w/ Turkey Meat Sauce, Sliced Carrots, Fruit & Milk Choice	<b>17</b> Cheeseburger w/ Mixed Vegetables, Fruit & Milk Choice	<b>18</b> Grilled Cheese w/ Broccoli, Fruit & Milk Choice
<b>21</b> Tuna Salad w/ WG Crackers, Mixed Vegetables, Fruit & Milk Choice	<b>22</b> Turkey Sandwich w/ Roasted Potatoes, Fruit & Milk Choice	<b>23</b> Chili Beans & Cheese w/ WG Rice, Granola Bar, Fruit & Milk Choice	<b>24</b> Cheese Pizza w/ Corn, Fruit & Milk Choice	<b>25</b> <b>HALF DAY</b>
<b>28</b> Turkey Hot Dog w/ Mixed Vegetables, Fruit & Milk Choice	<b>29</b> Ham & Cheese Sandwich w/ Broccoli, Fruit & Milk Choice	<b>30</b> BBQ Chicken Wings, Roasted Sweet Potatoes, WG Roll, Fruit & Milk Choice	<b>31</b> Cheese Quesadilla w/ Black Beans, Fruit & Milk Choice	

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