

AUGUST 2024

Butte County Community School



BREAKFAST



Fresh fruits and vegetables available
*Menu subject to change
This institution is an equal opportunity provider



Nutrition Tip: Drink water! Sip water or other drinks with few or no calories to stay hydrated and help maintain a healthy weight. Keep a water bottle in your bag or at your desk to satisfy your thirst throughout the day.



Reference: USDA MyPlate

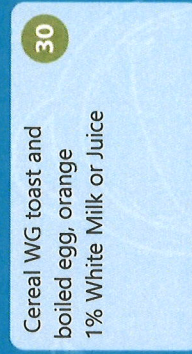
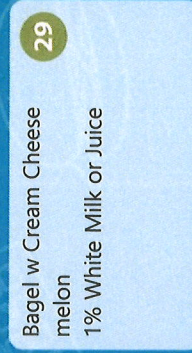
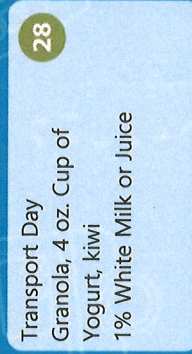
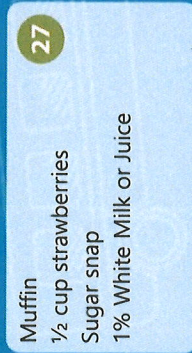
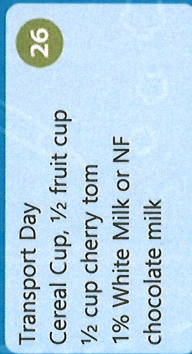
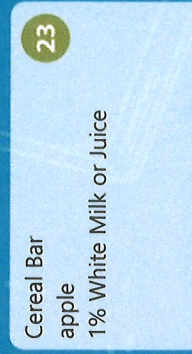
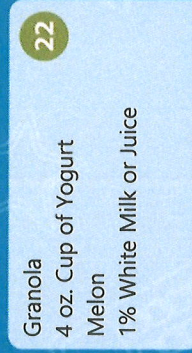
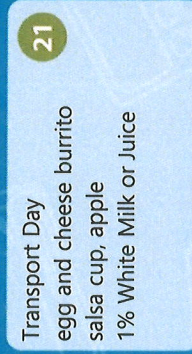
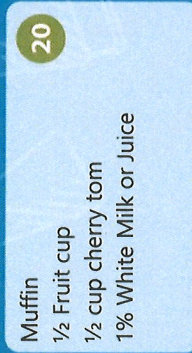
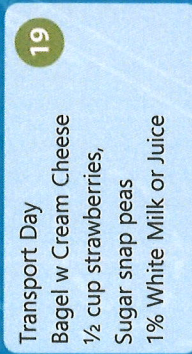
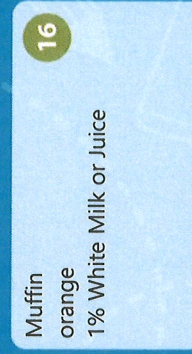
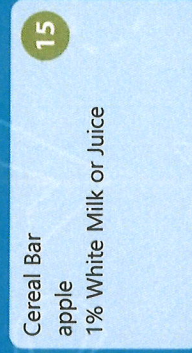
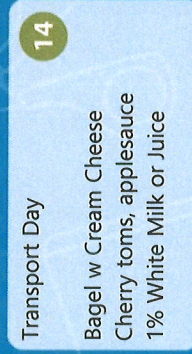
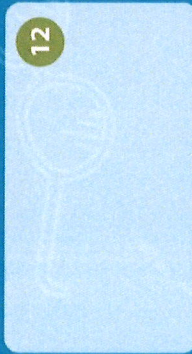
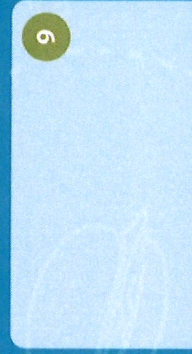
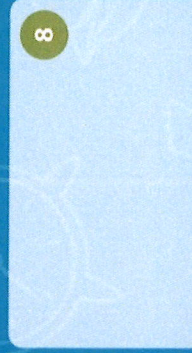
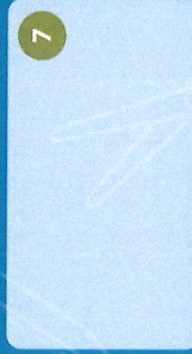
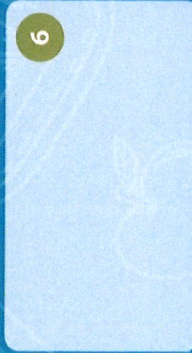
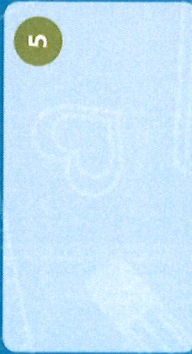
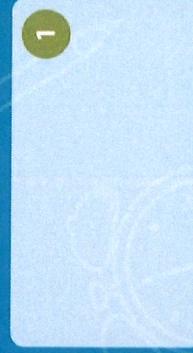
MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



12

5

6

7

1

2

8

9

15

16

19

20

21

22

23

26

27

28

29

30

Transport Day
Bagel w Cream Cheese
1/2 cup strawberries,
Sugar snap peas
1% White Milk or Juice

Muffin
1/2 Fruit cup
1/2 cup cherry tom
1% White Milk or Juice

Transport Day
egg and cheese burrito
salsa cup, apple
1% White Milk or Juice

Granola
4 oz. Cup of Yogurt
Melon
1% White Milk or Juice

Cereal Bar
apple
1% White Milk or Juice

Cereal Bar
apple
1% White Milk or Juice

Muffin
orange
1% White Milk or Juice

Transport Day
Cereal Cup, 1/2 fruit cup
1/2 cup cherry tom
1% White Milk or NF
chocolate milk

Muffin
1/2 cup strawberries
Sugar snap
1% White Milk or Juice

Transport Day
Granola, 4 oz. Cup of
Yogurt, kiwi
1% White Milk or Juice

Bagel w Cream Cheese
melon
1% White Milk or Juice

Cereal WG toast and
boiled egg, orange
1% White Milk or Juice

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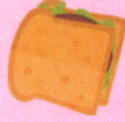
LUNCH



Fresh fruits and vegetables available
***Menu subject to change**
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August is National Panini Month! A panini is a sandwich made on delicious Italian bread, loaded with meat, cheese and veggies and grilled to perfection. Experiment with different toppings to find your perfect panini!



MONDAY

Welcome Back to School !!

5

12

19

26

Chicken Teriyaki, Bell Peppers, Rice, Black beans, Pineapple, 1% Milk or NF Chocolate

Alfredo, Salad Broccoli, Bread stick or roll, Orange, 1% Milk or NF Chocolate

TUESDAY



6

13

20

27

Ham & American Cheese Wrap, Sugar, snap peas, fruit cup Raisins, V8, 1% Milk or NF Chocolate

Chef Salad, Whole Grain Roll, Sugar snap peas, Sunflower Seeds, Melon 1% Milk or NF Chocolate

WEDNESDAY

7

14

21

28

Transport Day Cheeseburger, w/lettuce, tomato & Pickles, Baked beans, Peaches 1% Milk or NF Chocolate

Chicken Nuggets, Rice Pilaf, Broccoli, Green Salad, Applesauce, 1% Milk or NF Chocolate

BBQ Chicken Sandwich Black Beans, Oven Potatoes, Applesauce 1% Milk or NF Chocolate

THURSDAY

1

8

15

22

29

Turkey & Cheese Sandwich w/lettuce, tomato & Pickles, Carrot Sticks, Raisins, 1% Milk or NF Chocolate

Ham & Cheese Sandwich w/lettuce, tomato & Pickles, Carrot Sticks, Raisins, 1% Milk or NF Chocolate

Soft Pretzel w/ Honey Mustard, Cheese Cup Apples, Nut Butter Dip Celery Sticks, 1% Milk or NF Chocolate

FRIDAY

2

9

16

23

30

Chicken salad sandwich w/lettuce & Tomato, Sugar snap peas, Orange Wedges, 1% Milk or NFChocolate

Chips and Salsa Cheese Cup, Carrots, Apple Slices, Nut Butter Dip 1% Milk or NF Chocolate

PB&J sandwich, Carrot sticks, Celery, peaches 1% Milk or NF Chocolate