

AUGUST 2022 Lunch Menu PK-12th East Buchanan School District

Breakfast: \$1.40
Lunch PK-5: \$2.35
Lunch 6-12: \$2.45
Adults: \$4.25

Please check your account balance
online:
www.east-buc.k12.ia.us
Click on "School Lunch Program"

Institution is an equal
opportunity provider.
Menus subject to change
as needed.

BREAKFAST & LUNCH	Monday	Tuesday	Wednesday	Thursday	Friday
*Average meal calorie count for Lunch *K-5 (550-650) *6-8 (600-700) *9-12 (750-850)	WELCOME BACK				
Milk Variety Chocolate Fat Free White Fat Free White, 1% Milk offered at all meals (Extra Milk \$.40)			WELCOME BACK		
					WELCOME BACK
		23 WG Mini Corn Dog Baked Beans Celery Cantaloupe Mixed Fruit Milk	24 WG Cheeseburger Macaroni Corn Fresh Broccoli Grapes Apple Sauce Cup Milk	25 Hot Dog WG Hotdog Bun French Fries Romaine Lettuce Sliced Apple Cucumbers Milk	26 Southwest Cheesy Pull Apart w/Marinara Sauce Green Beans Baby Carrots Mandarin Oranges Frozen Fruit Smoothie Milk
	29 Cheeseburger WG Hamburger Bun French Fries Fresh Cauliflower Diced Watermelon Sliced Oranges Milk	30 WG Popcorn Chicken Mashed Potatoes & Gravy Peas Kiwi Apple Slices Milk	31 Buccaneer Sub (Ham, Salami, Pepperoni & Cheese) WG Hoagie Bun Baked Beans Romaine Lettuce Frozen Fruit Smoothie Peaches Milk		