

August 2019 Menu Emerson Middle



Al a carte Items

Salad Bar:

- Fresh Seasonal Vegetables
- Fresh Seasonal Fruit
- Chocolate Pudding
- Vanilla Pudding
- Cottage Cheese
- Hard Boiled Eggs
- Mixed Salad Greens
- Ranch Dressing
- Caesar Dressing
- Balsamic Vinaigrette Dressing
- Croutons
- Parmesan Cheese

Grill:

- Curly Seasoned Fries
- Cheeseburger
- Hamburger
- Bosco Sticks
- Marinara Sauce
- Breaded Chicken Sandwich
- Pretzel
- Churro

Crust:

- Peperoni Pizza
- Cheese Pizza
- Sausage Pizza

Salads:

- Caesar Salad

Monday	Tuesday	Wednesday	Thursday	Friday
26 Italian Roast Beef Sandwich with Chips Pasta Bar 	27 Meatball Sub with Steamed Corn Burrito Bar 	28 Buffalo Chicken Wrap with Baked Fries Boneless Wing Bar 	39 Beef Tacos with Spanish Rice Burger Bar 	30 Waffles with Hashbrows Nacho Bar

ALLERGENS: =Dairy | =Egg | =Gluten | =Peanuts | =Seafood | =Shellfish | =Soy | =Tree Nuts

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Al a carte Items continued

Crave:

Choc Chunk Muffin    

Blueberry Muffin    

Brownies    

Cinnamon Rolls    

Cookie      

Yogurt Parfait  

Pudding Parfait      

Made To Order Sandwiches:

Whole Wheat Bread 

French Roll  

Multigrain Bread 

Tomato Focaccia  

Salami

Pepperoni

Turkey Ham

Turkey

Tuna Salad   

American Cheese  

Provolone Cheese 

Swiss Cheese  

Lettuce

Tomato

Onion

Pickles

Banana Peppers

Giardiniera

Cucumbers

Black Olives

Mayonnaise 

Olive Oil

Vinegar

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If you have questions or comments, please email Lindsey Borchers at: lborchers@d64.org.

For nutritional information please visit: questfmsnutrition.com

Menu changes may be necessary at times, please note nutritional needs will be assessed when making substitutions!