



**ORLAND UNIFIED SCHOOL DISTRICT**

*This institution is an equal opportunity provider and employer.*

**EAT BETTER.  
PLAY HARDER.  
LIVE HEALTHIER.  
LEARN EASIER.**

**WELLNESS IS A WAY OF LIFE!**

*This year, our menu will feature regular Wellness tips, showing how diet, exercise, and taking care of ourselves can help ensure that we stay healthy and at the top of our games!*

**We've been  
expecting you.**



And we're all set for a new year of great food and outstanding service. Please join us often -

**Breakfast**

**Lunch**

**\$.60**

**\$1.0**

Get in touch with us today to learn more about free and reduced-price meals in our district: 865-1206 or [ccarter@orlandusd.net](mailto:ccarter@orlandusd.net)

**Monday, August 16**

Galaxy Pizza  
Veggie Sticks  
Watermelon  
Graham  
Crackers

**Tuesday, August 17**

Yogurt (low fat)  
1/2 Turkey  
Sandwich  
Baked Cheetos  
Baby Carrots  
Fresh  
Cantaloupe

**Wednesday, August**

Chicken Rings  
Golden Corn  
Coleslaw  
Hot Biscuit

**Thursday, August 19**

Beef Tostada  
Lettuce,  
Tomato  
Refried Beans  
Baked Tortilla  
Chips

**Friday, August 20**

Chef Salad  
w/Ham, Turkey,  
Cheese  
Salad Bar  
Choices  
Wheat Crackers  
Chocolate Chip  
Cookie

**Monday, August 23**

Corn Dog  
Broccoli & Dip  
Potato Rounds  
Cantaloupe

**Tuesday, August 24**

Fajita Chicken  
Warm Tortilla  
Melted Cheese  
Refried Beans  
Fresh  
Strawberries

**Wednesday, August**

Cheeseburger  
Lettuce, Pickle  
Baked Fries  
Fruit Cup

**Thursday, August 26**

Tuna Sandwich  
Lettuce/Dill  
Pickle  
Slices  
Crunchy  
Pretzels  
Icee Juicee

**Friday, August 27**

Super Nachos  
w/Beef &  
Cheese  
Tortilla Chips  
Honey Dew  
Melon  
100% Juice

**Monday, August 30**

Chicken Strips  
Mashed  
Potatoes &  
Gravy  
Wheat Roll  
Apple Slices

**Tuesday, August 31**

Deli Sandwich,  
Shredded  
Lettuce  
Cucumber &  
Dip  
Icee Juicee