

AUGUST



Monday	Tuesday	Wednesday	Thursday	Friday
3 FREE HEALTHY MEALS FOR ALL	4 LUNCH			7 Fresh, Healthy and Good for You! Join us at the Salad Bar
10 Corn Dog Ham & Cheese Sandwich Yogurt w Cheese Stick & Roll Chef Salad Ham Baked Beans Tossed Salad Diced Pears	11 Asian Orange Chicken Fried Rice Ham & Cheese Sandwich Yogurt w Cheese Stick & Roll Chef Salad Ham Peas Tossed Salad Mixed Berry Cup	12 Cheeseburger Ham & Cheese Sandwich Yogurt w Cheese Stick & Roll Chef Salad Ham French Fries Tomato Grape Cherry Craisins	13 Turkey Pepperoni Pizza Ham & Cheese Sandwich Yogurt w Cheese Stick & Roll Chef Salad Ham Green Beans Tossed Salad Fruit Cocktail	14 Beef, Bean & Cheese Burrito Ham & Cheese Sandwich Yogurt w Cheese Stick & Roll Chef Salad Ham Steamed Corn Tossed Salad Diced Peaches
17 Vegetable Beef Soup W/Grilled Cheese Turkey & Cheese Sandwich Yogurt w Cheese Stick & Roll Taco Salad Green Beans Tossed Salad Applesauce Cinnamon	18 Potsticker Fried Rice Turkey & Cheese Sandwich Yogurt w Cheese Stick & Roll Taco Salad Peas Tossed Salad Strawberry Cup	19 BBQ Rib Sandwich Turkey & Cheese Sandwich Yogurt w Cheese Stick & Roll Taco Salad Coleslaw Tossed Salad Diced Pears	20 Pasta with Meatballs Garlic Knot Turkey & Cheese Sandwich Yogurt w Cheese Stick & Roll Taco Salad Tossed Salad Cherry Craisins	21 Taco Quesadilla Turkey & Cheese Sandwich Yogurt w Cheese Stick & Roll Taco Salad Seasoned Pinto Beans Tossed Salad Fruit Cocktail
24 Chicken Popcorn Roll Ham and Cheese Wrap Yogurt w Cheese Stick & Roll Chef Salad Ham Mashed Potatoes Tossed Salad Applesauce Cup	25 Chicken Teriyaki Ham and Cheese Wrap Yogurt w Cheese Stick & Roll Chef Salad Ham Fried Rice Peas Tossed Salad Cherry Craisins	26 Macaroni & Cheese Ham and Cheese Wrap Yogurt w Cheese Stick & Roll Chef Salad Ham Steamed Broccoli Tossed Salad Mixed Berry Cup	27 Calzone Pepperoni & Cheese Ham and Cheese Wrap Yogurt w Cheese Stick & Roll Chef Salad Ham Green Beans Tossed Salad Diced Peaches	28 Nacho Soup Tortilla Ham and Cheese Wrap Yogurt w Cheese Stick & Roll Chef Salad Ham Seasoned Pinto Beans Tossed Salad Diced Pears
31 Hot Wings Roll Chicken Popcorn Turkey Bacon Wrap Yogurt w Cheese Stick & Roll Taco Salad Tator Tots Tossed Salad Applesauce Cinnamon	Welcome Back to School!!!			
				QR Code for Meal Application

At Lunch:

1% White Milk, Fat Free White Milk & 1% Chocolate Milk offered daily

(Milk Nutrition Information)

Fresh Fruits & Vegetables offered daily

Condiment Nutrition Information

What Makes a Lunch

Select 3-5 Components



One must be a

fruit AND/OR Veggies