


	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
					
WEEK OF 6 TH -10 TH Cycle 3	Wings Potato Wedges (Parmesan) Broccoli Hushpuppies (4)	Pork Patty on Bun Baked Beans Potato Salad Apple Crisp	Spaghetti or Meatball Sub Garden Salad Italian Green Beans Roll or Breadstick	Chicken Fingers w/Waffles (3) Sweet Potato Fries Coleslaw	Turkey/Ham Cheese on Bun Romaine & Tomato Carrots Pickle Spear Dorito or Sun Chips
WEEK OF 13 TH -17 TH Cycle 4	Salisbury Steak Mashed Potatoes w/Gravy Peas & Carrots Biscuit Sugar Cookie	Chicken Patty (Breaded or Grilled) Cheese Slice (Parmesan) Broccoli Sweet Potato Fries Bun	Santé Fe Soup (Buttered) Carrots Garden Salad Corn Chips	Oven Roasted Chicken Rice Pilaf Mixed Veggies Squash Biscuit	Crispito Black Beans Corn (Nuggets) Brownie
WEEK OF 20 TH -24 TH Cycle 5	Fish Nugget Po'boy or Fish Patty on Bun Mixed Veggies Fries Romaine & Tomato	Sloppy Joe or Cheese Burger Fries Carrots Pickle Spear	Bacon Potato Soup (Parmesan) Broccoli Mozzarella Cheese Sticks	Chicken Bites or Nuggets Green Beans or Peas Sweet Potato Fries Roll	Corndog Coleslaw Baked Beans Rice Krispy Treat
WEEK OF 27 TH -31 ST Cycle 1	Chicken Alfredo Hoagie Carrots Garden Salad	Taco Salad w/Tortilla Chips or 2 Taco Corn (On Cob) Black or Pinto Beans	Chicken Tenders Mashed Potatoes w/Gravy Mixed Veggies Biscuit	Sliced Ham or Turkey Lima or Green Beans Yams (Patty) Hushpuppies (4)	Hotdog (Chili) Baked Beans Fries Dorito or Sun Chips Pickle Spear

In accordance with Federal Civil Rights laws and U.S. Department of Agriculture (USDA) Civil Right regulations and policies, the USDA, its agencies, and offices and employees and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, religion, sex, gender identity (including gender expression), sexual orientation, disability, age, marital status, family/parental status, income derived from a public assistance program, political beliefs, or reprisal or retaliation for prior civil rights funded by USDA (not all bases apply to all programs). Remedies and complaint filing deadlines vary by program or incident. THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.

AUGUST LUNCH

MENUS ARE SUBJECT TO CHANGE
WITHOUT NOTICE

ALL MEALS SERVED WITH CHOICE
OF MILK:

- UNFLAVORED 1% LOW FAT
- UNFLAVORED SKIM
- FAT FREE STRAWBERRY
- FAT FREE CHOCOLATE

FRESH, CANNED OR FROZEN FRUIT
SERVED DAILY

100% FORTIFIED FRUIT JUICE
SERVED DAILY

FUN FACT:

FRUITS AND VEGETABLES ARE LIKE
HITTING THE JACKPOT WHEN IT
COMES TO NUTRITION. THEY MAKE
YOUR PLATE MORE COLORFUL AND
THEY ARE PACKED WITH VITAMINS
AND FIBER. IT'S A GOOD IDEA TO
EAT AT LEAST 5 SERVINGS OF
FRUITS AND VEGETABLES
EVERYDAY, SO TRY TO FIT IN ONE
OR TWO AT LUNCH EACH DAY.