


	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
					
WEEK OF 6 <sup>TH</sup> -10 <sup>TH</sup> Cycle 1	Chicken Alfredo Hoagie Carrots Romaine Lettuce & Tomatoes	Taco Salad w/ Tortilla Chips or 1 Taco Corn (On Cob) Black or Pinto Beans Spanish Rice	Chicken Tenders Mashed Potatoes w/Gravy Mixed Veggies Biscuit	Sliced Ham or Turkey Lima or Green Beans Yams (Patty) Roll	Hotdog (Chili) Baked Beans Fries Brownie
WEEK OF 13 <sup>TH</sup> -17 <sup>TH</sup> Cycle 2	Steak Nuggets or Breaded Steak Patty Black Eyed Peas* Turnip or Collard Greens Cornbread	Teriyaki Flavored Chicken Stir Fry Veggies Fried Rice (Egg) Roll	Beefy Macaroni Green Beans Yams (Patty) Roll	BBQ Fajita on Bun Fries Carrots	Pizza Corn (On Cob) Chef Salad Sugar Cookie
WEEK OF 20 <sup>TH</sup> -24 <sup>TH</sup> 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 Green Beans Roll or Breadstick	Chicken Fingers w/Waffles Sweet Potato Fries Coleslaw	Turkey or Ham Cheese Sub Romaine & Tomatoes Carrots Doritos or Sun Chips
WEEK OF 27 <sup>TH</sup> -31 <sup>ST</sup> Cycle 4	Salisbury Steak Mashed Potatoes w/Gravy Peas & Carrots Roll	Chicken Patty (Breaded or Grilled) (Parmesan) Broccoli Sweet Potato Fries Bun	Santé Fe Soup (Buttered) Carrots Romaine & Tomato Corn Chips	Oven Roasted Chicken Rice Pilaf Mixed Veggies Squash Biscuit	Crispito Black Beans Corn (Nuggets) Pudding Cup

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## 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 TWICE PER WEEK

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.