



August 2023 Menu



| | | <u>Monday</u> | <u>Tuesday</u> | <u>Wednesday</u> | <u>Thursday</u> | <u>Friday</u> |
|-------------------------------|------------------|--------------------------------------------------------------------------------|----------------------------------------------------------------------------|------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|----------------------------------------------------------------------|
| 1 | <u>Breakfast</u> | WG waffles, Applesauce and Milk | Scrambled Eggs, WG bread, mandarin oranges and Milk | French Toast, Fruit Cocktail and Milk | Cereal, Bananas and Milk | Biscuits, Turkey Sausage, Oranges and Milk |
| Week 1 August 28 - Sept. 1 | <u>Lunch</u> | Chicken Nuggets,Brown Rice,Pinto Beans, Carrots, Fruit Cocktail and Milk | Mac n Cheese with WG Pasta, Baked Chicken, Peas, Peaches and Milk | Turkey, Mozzarella cheese, Brown rice Casserole, Green Beans, Pears and Milk | Ground Turkey Marinara Sauce with WG Pasta, Mixed Veggies, Mixed Fruit and Milk | Cheese Pizza, Corn, Pineapple and Milk |
| Augu | PM Snack | Saltine Crackers, Sliced Cheese, Oranges and Water | Cheez-it Crackers, Raisins and 100% Apple Juice | Yogurt, Chex Cereal, Strawberries and Water/ SA: Graham Crackers, cheese sticks | Goldfish, Apple Slices and 100% Apple Juice | W.G. Turkey and Cheese Sandwiches, Seasonal Fruit and Water |
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^{*}WG = Whole Grain

Vegetarian Lunch Menu

| | <u>Monday</u> | <u>Tuesday</u> | <u>Wednesday</u> | <u>Thursday</u> | <u>Friday</u> |
|--------------|-------------------------|---------------------|-------------------------------|------------------------------|----------------------|
| <u>Lunch</u> | Grilled Cheese Sandwich | Regular Menu Option | Pasta (With or Without Sauce) | Brown Rice and refried beans | Pasta with Red Sauce |

^{*} Sides and drinks from the regular menu will be served each day.

^{*}SA= school agers

^{**}Unflavored Whole Milk will be served to students 1 years old and 1% Unflavored Milk will be served to students 2 years and olders

^{*} Tuesday Menu items from the regular menu can all be vegetarian.