

Milk is served with lunch

Lunch Menu August 2022



Monday	Tuesday	Wednesday	Thursday	Friday
1 Pizza Vegetable Fruit	2 Italian Vegetable Pasta Salad Cheese Sticks Fruit	3 Chicken Ranch Wrap Vegetable Fruit	4 Chicken Tenders Bread Coleslaw Fruit	5 Ham and Cheese Sandwich Vegetable Fruit
8 Pizza Vegetable Fruit	9 Beef Tacos Lettuce, Tomatoes and Cheese Fruit	10 Ham Wrap Vegetable Fruit	11 Pork Chops Bread Potato Salad Fruit	12 Turkey Sandwich Vegetable Fruit
15 Pizza Vegetable Fruit	16 Asian Chicken Pasta Salad Cheese Sticks Fruit	17 Italian Wrap Vegetable Fruit	18 Hamburgers Baked Fries Fruit	19 Ham Sandwich Vegetable Fruit
22 Pizza Vegetable Fruit	23 Chicken Tacos Lettuce, Tomatoes and Cheese Fruit	24 Turkey Wrap Vegetable Fruit	25 Chicken Tenders Rice Vegetable Fruit	26 Roast Beef and Cheese Sandwiches Vegetable Fruit
29 Pizza Vegetable Fruit	30 Pasta Salad Cheese Sticks Fruit	31 Beef Wrap Vegetable Fruit	1 Hamburgers Vegetable Fruit	2 Ham and Cheese Sandwich Vegetable Fruit

Breakfast consists of unflavored whole milk for children one year old, unflavored low-fat or fat-free milk for children older than two years old; a fruit; and one of the following whole grain cereals: Cherrios, Rice Chex, Corn Chex, Wheat Chex.

Afternoon snack consists of one grain, protein, or dairy product and one fruit or vegetable.

Note: non-dairy milk substitutes that are nutritionally equivalent to milk may be served in place of milk to children or adults with medical or special dietary needs. All hotdish and casserole dishes include rice or noodles. A protein like beans, veggie burgers, or tofu will be served in place of meat as needed for those who do not eat meat.