



Lunch Menu

August 2022

This institution is an equal opportunity provider.
Approved by Haley Havighurst, RDN

Serving Sizes are as follows:

12months – 24 months Old – m/ma 1oz, Fruit 1/8 c, vegetable ¼ c, grain ½ oz, 4oz Plain Whole Milk (*menu modifications in italics*)

24months – 36months Old - m/ma 1oz, Fruit 1/8 c, vegetable ¼ c, grain ½ oz, 4oz Plain 1% Milk (*menu modifications in italics*)

3-5 Year Old – m/ma 1.5oz, Fruit ¼ c, vegetable ¼ c, grain ½ oz, 6oz 1% Plain Milk

School Age – m/ma 2oz, fruit ¼ c, vegetables ½ c, grain 1oz, 8oz 1% Plain or Chocolate Milk

Monday	Tuesday	Wednesday	Thursday	Friday
<p>August 1 Hamburger Sliced Cheddar Cheese WG Sandwich Bun Sweet Potato Tots Fruit Milk Veggie Patty on Wheat Bread</p>	<p>August 2 Turkey & Cheese Sandwich Whole Grain Sandwich Roll Carrot Sticks (Diced Tomatoes) Fruit Milk Egg Salad Sandwich on WG Roll</p>	<p>August 3 SunButter & Grape Fruit Spread Sandwich on WW Bread Side Garden Salad w/ Italian Dressing (<i>Diced and Peeled Cucumber</i>) Watermelon Milk National Watermelon Day</p>	<p>August 4 Turkey BBQ WG Sandwich Roll Potato Salad Fruit Milk Lentil BBQ</p>	<p>August 5 Cheese Sandwich on WW Bread Tomato/Cucumber Salad Ranch Dressing Fruit Milk</p>
<p>August 8 Turkey Sausage WG French Toast Breakfast Potatoes Fruit Milk Veggie Sausage</p>	<p>August 9 Mac & Cheese w/ WG Pasta Cooked Carrots Fruit Milk</p>	<p>August 10 Grilled Chicken Romaine Lettuce w/ Parmesan Cheese WG Dinner Roll Caesar Dressing Fruit Milk Edamame</p>	<p>August 11 Baked Ziti w/ Grilled Chicken <i>(WG Pasta w/ tomato sauce and mozz cheese)</i> Broccoli Fruit Cocktail Milk Veggie Patty on Wheat Bread</p>	<p>August 12 Turkey & Cheese on WW Bread Mayonnaise Celery Sticks (Diced Cucumber) Ranch Dressing Fruit Milk SunButter & Grape Fruit Spread Sandwich on WW Bread</p>
<p>August 15 Chicken Patty Sandwich WG Sandwich Roll Sweet Potato Tots Fruit Milk Veggie Burger</p>	<p>August 16 Beef & Cheese Burrito on WG Flour Tortilla Corn & Black Bean Salad Fruit Milk Bean Burrito</p>	<p>August 17 Turkey and Cheddar Cheese Chef Salad Romaine Lettuce Ranch Dressing WG Dinner Roll Fruit Milk Edamame</p>	<p>August 18 Swedish Meatballs WG Pasta w/ Butter Broccoli Fruit Milk Veggie Meatballs</p>	<p>August 19 Chicken Salad on WG Bun Celery Sticks w/ Ranch (Diced Tomatoes) Fruit Milk Cheese Sandwich on WW Bread</p>
<p>August 22 Teriyaki Chicken Fried Brown Rice Peas and Carrots Peach Milk Teriyaki Tofu National Eat a Peach Day</p>	<p>August 23 Beef BBQ on WG Bun Potato Wedges Fruit Milk Veggie Bean BBQ</p>	<p>August 24 Grilled Chicken Garden Salad Ranch Dressing WG Dinner Roll Fruit Milk Edamame</p>	<p>August 25 Hamburger Macaroni & Cheese w/ WG Pasta Green Beans Fruit Milk Mac & Cheese</p>	<p>August 26 Turkey Ranch and Cheddar Cheese Wrap on WG Flour Tortilla Tomato/Cucumber Salad Fruit Milk Cheese Sandwich</p>
<p>August 29 Ham & Cheddar Cheese on WG Bun Carrots Sticks (Cooked Carrots) Fruit Mayo Ranch Dressing Milk Cheese sandwich on WG Bun</p>	<p>August 30 WG Chicken Nuggets Tater Tots Fruit Milk Veggie Nuggets</p>	<p>August 31 Meatballs in Marinara Sauce on WG Hoagie Roll Shredded Mozzarella Cheese Green Beans Fruit Milk Veggie Meatballs</p>	<p>September 1 Chicken BBQ WG Sandwich Roll Potato Salad Fruit Milk Lentil BBQ</p>	<p>September 2 Cheese Sandwich on WW Bread Tomato/Cucumber Salad Ranch Dressing Fruit Milk</p>

WG = Whole Grain

Fruit options vary when in season and will be rotated based on availability: Apples, Applesauce, Flavored Applesauce, Banana, Diced Pears, Diced Peaches, Pineapple, Oranges, Pears, Cantaloupe, Honeydew, Strawberries, Fruit Cocktail, Peaches, Mandarin Oranges, Mangos