



Main Lunch Menu

August 2024

This institution is an equal opportunity provider.

Serving Sizes are as follows:

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

24months – 36 months Old - m/ma 1oz, Fruit 1/8 c, vegetable 1/8 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>July 29</p> <p>Chicken Taco w/ WW Flour Tortilla Shredded Cheddar Cheese Corn & Black Bean Salad Fruit Milk Refried Bean Taco</p>	<p>July 30</p> <p>Meatloaf w/Beef Gravy WG Dinner Roll Mashed Potatoes Fruit Milk Veggie Burger</p>	<p>July 31</p> <p>Teriyaki Chicken Brown Rice Broccoli (Peas) Ranch Dressing Fruit Milk Teriyaki Tofu</p>	<p>August 1</p> <p>BBQ Meatballs WG Buttered Noodles Corn Fruit Milk BBQ Veggie Meatballs</p>	<p>August 2</p> <p>Tuna Sandwich and American Cheese on WW Bread Carrot Sticks (Cooked Carrots) Ranch Dressing Fruit Milk Pasta Salad w/ Edamame</p>
<p>August 5</p> <p>Turkey Sausage String Cheese (3+ Only) WG French Toast Broccoli (Peeled and Diced Cucumbers) Fruit Milk WG Waffle and Veggie Sausage</p>	<p>August 6</p> <p>Mac & Cheese w/ WG Pasta Mixed Vegetables Fruit Milk</p>	<p>August 7</p> <p>Chicken, Cheddar Cheese, and Brown Rice Bake Peas Fruit Milk Tofu, Cheddar, Rice Bake</p>	<p>August 8</p> <p>Beef Riblet w/BBQ Sauce WG Dinner Roll Green Beans Fruit Milk Veggie Burger</p>	<p>August 9</p> <p>Turkey & Cheese Sandwich on WW Bread Carrot Sticks (Chic Peas) Fruit Milk Cheese Sandwich</p>
<p>August 12</p> <p>Hamburger Slider w/Cheddar Cheese WG Bun Tater Tots Ketchup Fruit Milk Veggie Burger</p>	<p>August 13</p> <p>Grilled Chicken Caesar Salad W/ Romaine Lettuce, Parmesan Cheese and Croutons WG Dinner Roll w/ butter Fruit Milk Tofu Caesar Salad</p>	<p>August 14</p> <p>Swedish Meatballs WG Buttered Noodles Green Beans Fruit Milk Veggie Meatballs</p>	<p>August 15</p> <p>Grilled Chicken w/Salsa Red Beans & Bown Rice Fruit Milk Veggie Nuggets</p>	<p>August 16</p> <p>Cheese Sandwich on WW Bread Tomato and Cucumber Salad (Peeled and Diced Tomato Cucumber Salad) Fruit Milk</p>
<p>August 19</p> <p>WG Chicken Fingers Tater Tots Ketchup Fruit Milk Veggie Nuggets</p>	<p>August 20</p> <p>Turkey Burger WG Sandwich Roll Corn Fruit Milk Veggie Burger</p>	<p>August 21</p> <p>WG Chicken Egg Roll String Cheese 3+ Green Beans (School Age) Fruit Milk Veggie Nuggets</p>	<p>August 22</p> <p>WG Pasta w/Meat Sauce Broccoli (Mixed Vegetables) Fruit Milk Lentils w/Sauce</p>	<p>August 23</p> <p>Turkey Ham & Cheese on WW Bread Carrot Sticks (Chic Peas) Fruit Milk Sunbutter & Grape Fruit Spread on WW Bread</p>
<p>August 26</p> <p>Mac & Cheese w/ WG Pasta Mixed Vegetables Fruit Milk</p>	<p>August 27</p> <p>Grilled Chicken Pot Pie w/Mixed Vegetables WG Biscuit Fruit Milk Lentil Pot Pie</p>	<p>August 28</p> <p>Chef Salad w/ lettuce diced turkey, shredded cheddar cheese, diced tomatoes Ranch Dressing WG Dinner Roll w/ butter Fruit Milk Edamame Chef Salad w/ Ranch Dressing</p>	<p>August 29</p> <p>Beef BBQ WG Bun Corn Fruit Milk Veggie Burger</p>	<p>August 30</p> <p>Cheese Sandwich on WW Bread Tomato and Cucumber Salad (Peeled and Diced Tomato Cucumber Salad) Fruit Milk</p>

****ALL GRAIN COMPONENTS ARE WHOLE GRAIN RICH****

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