

Aug-22				
Monday	Tuesday	Wednesday	Thursday	Friday
1-Aug BBQ chicken - 2 oz chicken white rice 1/2 cup green beans 1/2 cup 1/2 banana, 1oz Wheat Bread, 8 oz skim milk	2-Aug chicken parmesan - 1 cup pasta, 1/4 cup red sauce 2.66 ounce breaded chicken sweet peas 1/2 cup 1/2 cup tropical fruit, * chicken separate upon request, 8 oz skim milk	3-Aug Pizza puff, garden salad peas and carrots - 1/2 cup, 8 oz skim fruit cup 1/2 cup,	4-Aug chicken nuggets - 4 ounce 6@ .67oz peas & carrots - 1/2 cup mandarin oranges - 1/2 cup 2oz Wheat Bread, 8 oz skim milk	5-Aug 3 ounce beef burger - 2 ounce bun steak fries - 1/2 cup, 8 oz skim milk brocc/cauliflourer - 1/2 cup 1/2 cup applesauce
8-Aug sloppy joes - 2 oz beef mixed vegetables - 1/2 cup mashed potatoes - 1/2 cup 2 oz shells, 1/2 cup fruit cup, 8 oz skim milk	9-Aug pancakes breakfast sausage hashbrowns 1/2 cup pears	10-Aug grilled chick - 3 oz 2 oz bun, 8 oz skim milk steak fries - 1/2 cup 1/2 cup banana 1/2 cup cauliflour	8/11 turkey - 2 ounce, 1 oz sliced bread bread, 2 oz american cheese mac and cheese - 1/2 cup broccoli - 1/2 cup tropical fruit - 1/2 cup 8 oz skim milk	12-Aug chicken nuggets - 4 ounce 6@ .67oz peas & carrots - 1/2 cup mandarin oranges - 1/2 cup 2oz Wheat Bread, 8 oz skim milk
15-Aug turkey sub - 2 ounce turkey, 2oz Wheat Bread baked potato- 1/2 cup buttered carrots - 1/2 cup 1/2 cup pineapple tidbits, 8 oz skim milk	16-Aug salisbury steak - 2 ounce beef cauliflower - 1/2 cup mashed potato - 1/2 cup 2 oz Wheat Bread 1/2 cup peaches 8 oz skim milk	17-Aug chicken snack wrap sweet potato fries - 1/2 cup, 8 oz skim milk apple slices - 1/2 cup	18-Aug Sweet and Sour chicken - 2 ounce chicken, miscellaneous amounts of peppers, onions, sauce, pineapples rice 1/2 cup, mixed veggies 1/2 cup 1 oz wheat bread, 8 oz skim milk pears - 1/2 cup	19-Aug BBQ breaded chicken strips - 2.66 oz green beans - 1/2 cup, 8 oz skim milk 2 oz wheat bread, 1/2 cup tropical fruit steak fries - 1/2 cup
22-Aug cheese pizza garden salad fruit	23-Aug turkey panini- 2 oz turkey, 2 ounce wheat bread, 1 oz american cheese broccoli - 1/2 cup, 8 oz skim milk pineapples 1/2 cup,	24-Aug shredded BBQ chicken - 2 oz chicken white rice 1/2 cup, 1 oz wheat bread green beans 1/2 cup 1/2 banana, 8 oz skim milk	25-Aug swedish meatballs mashed potatoes, green neans watermelon	26-Aug chicken snack wrap sweet potato fries - 1/2 cup, 8 oz skim milk apple slices - 1/2 cup
29-Aug turkey sub - 2 ounce turkey, 2oz Wheat Bread peas and carrots - 1/2 cup chips mandarin oranges 1/2 cup, 8 oz skim	30-Aug pancakes breakfast sausage hashbrowns pineapples 1/2 cup, 8 oz skim milk	31-Aug chicken tetrazini peas and carrots - 1/2 cup, 8 oz skim bread, fruit		