

# Menu

# August 2020

# Lunch

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b>	<b>Main:</b> Hotdog (Chicken or Turkey) <b>Side:</b> Chef Salad <b>Fruit:</b> Mixed Fruit or Watermelon <b>Vegetarian:</b> Veg: Cheese Sandwich & Chef Salad	<b>4</b> <b>Main:</b> Soft Turkey & Cheese Taco <b>Side:</b> Lettuce & Tomato Salad Mix <b>Fruit:</b> Bananas or Pineapple <b>Vegetarian:</b> Veg: Bean & Cheese Taco	<b>5</b> <b>Main:</b> Chicken Parmesan Sandwich <b>Side:</b> Tater Tots <b>Fruit:</b> Peaches or Grapes <b>Vegetarian:</b> Veg: Grilled Cheese Sandwich	<b>6</b> <b>Main:</b> Fettucine Alfredo <b>Side:</b> Steamed Green Beans <b>Fruit:</b> Apples or Tropical Fruit <b>Vegetarian:</b> Veg: Fettucine w Alfredo Sauce	<b>7</b> <b>Main:</b> Yellow Rice & Turkey Sausage <b>Side:</b> Seasoned Broccoli <b>Fruit:</b> Orange or Mandarin <b>Vegetarian:</b> Veg: Yellow Rice/Broccoli
<b>10</b>	<b>Main:</b> Chicken & Ranch Wrap <b>Side:</b> Garden Salad <b>Fruit:</b> Mixed Fruit or Watermelon <b>Vegetarian:</b> Veg: Cheese Wrap w/Lettuce & Tomato	<b>11</b> <b>Main:</b> Rigatoni w. Garden sauce <b>Side:</b> Steamed seasoned Beans <b>Fruit:</b> Bananas or Pineapple <b>Vegetarian:</b> Veg: Rigatoni w. Garden Sauce	<b>12</b> <b>Main:</b> Baked Chicken Nuggets <b>Side:</b> Mashed Potato <b>Fruit:</b> Peaches or Grapes <b>Vegetarian:</b> Veg: Mozzarella Cheese Sticks	<b>13</b> <b>Main:</b> Turkey & Cheese Sandwich <b>Side:</b> Salad & Potato Soup <b>Fruit:</b> Apples or Tropical Fruit <b>Vegetarian:</b> Veg: Grilled Cheese Sandwich	<b>14</b> <b>Main:</b> White Rice w. Grilled Chicken <b>Side:</b> Vegetables Medley <b>Fruit:</b> Orange or Mandarin <b>Vegetarian:</b> Veg: White Rice & Vegetables
<b>17</b>	<b>Main:</b> Chicken & Cheese Nachos <b>Side:</b> Black Beans & Corn <b>Fruit:</b> Mixed Fruit or Watermelon <b>Vegetarian:</b> Veg: Cheese Nachos	<b>18</b> <b>Main:</b> Rotini Pasta w. Garden Sauce <b>Side:</b> Steamed Beans <b>Fruit:</b> Bananas or Pineapple <b>Vegetarian:</b> Veg: Rotini Pasta	<b>19</b> <b>Main:</b> Chicken Parmesan Sandwich <b>Side:</b> Tossed Salad <b>Fruit:</b> Peaches or Grapes <b>Vegetarian:</b> Veg: Grilled Cheese Sandwich	<b>20</b> <b>Main:</b> Soft Turkey & Cheese Taco <b>Side:</b> Lettuce & Tomato Salad Mix <b>Fruit:</b> Apples or Tropical Fruit <b>Vegetarian:</b> Veg: Bean & Cheese Taco	<b>21</b> <b>Main:</b> Chicken Paella <b>Side:</b> Mixed Vegetables <b>Fruit:</b> Orange or Mandarin <b>Vegetarian:</b> Veg:Veggie Paella
<b>24</b>	<b>Main:</b> Grilled Chicken & Cheese Quesadillas <b>Side:</b> Corn & Black Beans <b>Fruit:</b> Mixed Fruit or Watermelon <b>Vegetarian:</b> Veg: Cheese Quesadilla	<b>25</b> <b>Main:</b> Spaghetti w Bolognese Sauce <b>Side:</b> Chef Salad <b>Fruit:</b> Bananas or Pineapple <b>Vegetarian:</b> Veg: Spaghetti w Garden Sauce	<b>26</b> <b>Main:</b> Vegetarian Black Bean Chili <b>Side:</b> Beans, Corn & Tomato w/ Bread <b>Fruit:</b> Peaches or Grapes <b>Vegetarian:</b> Veg: Black Bean Chili	<b>27</b> <b>Main:</b> Fish Sticks <b>Side:</b> Mashed Potato <b>Fruit:</b> Peaches or Grapes <b>Vegetarian:</b> Veg: Mozzarella Cheese Sticks	<b>28</b> <b>Main:</b> Turkey & Cheese Sandwich <b>Side:</b> Potato Soup & Salad <b>Fruit:</b> Apples or Tropical Fruit <b>Vegetarian:</b> Veg: Grilled Cheese Sandwich

## WEEKLY SNACKS

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Muffins	Waffles w. Syrup	Raisin Bran Cereal	French Toast Sticks	Rice Crispy w. Milk
<b>AM Snack:</b>	Gold Fish	Pretzels	Yogurt	String Cheese & Cracker	Cheese Nips
<b>PM Snack:</b>	Applesauce with Graham Crackers	MSSL Trail Mix	Ritz Crackers	Vanilla Wafers	Friday Special Healthy Snack

**Milk and water are served at each meal !!!**