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| **August**  Child’s Name  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Classroom   |  |  |  |  | | --- | --- | --- | --- | | **Date** | **1** | **2** | **3** | | **July 31** |  |  |  | | **August 1** |  |  |  | | **August 2** |  |  |  | | **August 3** |  |  |  | | **August 4** |  |  |  | | **August 7** |  |  |  | | **August 8** |  |  |  | | **August 9** |  |  |  | | **August 10** |  |  |  | | **August 11** |  |  |  | | **August 14** |  |  |  | | **August 15** |  |  |  | | **August 16** |  |  |  | | **August 17** |  |  |  | | **August 18** |  |  |  | | **August 21** |  |  |  | | **August 22** |  |  |  | | **August 23** |  |  |  | | **August 24** |  |  |  | | **August 25** |  |  |  | | **August 28** |  |  |  | | **August 29** |  |  |  | | **August 30** |  |  |  | | **August 31** |  |  |  | | **September 1** |  |  |  |   \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| 31  Pasta w/Lean Beef & Eggplant Bolognese, Roasted Veggies, Fresh Fruit  Pasta w/Olive Oil, Roasted Veggies, Fresh Fruit  Baked Chicken Nuggets, Roasted Seasonal Veggies, Fresh Fruit | 1  Baked Fish Cakes, Cauliflower Crunch, Fresh Fruit  Cheese Tortellini w/Tomato Sauce, Cauliflower Crunch, Fresh Fruit  Cheese Tortellini w/Olive Oil, Cauliflower Crunch, Fresh Fruit | 2  “Make Your Own Yummy...” Chicken Fajitas, Black Beans, Fresh Fruit  “Make Your Own Yummy...” Tofu Fajitas, Black Beans, Fresh Fruit  Grilled Cheese, Roasted Veggies, Fresh Fruit | 3  Roasted Herbed Sliced Turkey, Roasted Sweet Potato Fries, Roll, Fresh Fruit  Turkey Po’ Boy Sandwich, Sweet Potato Fries, Fresh Fruit  Mac & Cheese, Roasted Seasonal Veggies, Fresh Fruit | 4  Chicken Gyro, Sautéed Peppers, Onions & Tomatoes, Fresh Fruit  Cheese Pizza, Veggies & Low Fat Dip, Fresh Fruit  Cheese Pizza, Veggie Chips, Fresh Fruit |
| 7  Low Fat Chicken Alfredo w/Penne, Roasted Zucchini, Fresh Fruit  Low Fat Penne Alfredo, Roasted Zucchini, Fresh Fruit  Baked Chicken Nuggets Roasted Zucchini, Fresh Fruit | 8  Turkey & Cheese Enchiladas, Rice & Beans, Fresh Fruit  Cheese Enchiladas, Rice & Beans, Fresh Fruit  Pasta w/Tomato Sauce, Roasted Veggies, Fresh Fruit   1. Check off your child’s lunch order for each day (select a meal) 2. Every day you have the option of Water, Milk, or Chocolate Milk. 3. Each meal is $4.00. A full menu for the month is $96.00 4. Tear off the completed form and **RETURN by** **Wednesday July 26th.** | 9  Chicken w/Sautéed Mushroom Sauce, Roll, Roasted Veggies, Fresh Fruit  Grilled Chicken Sandwich, Baked Chips, Fresh Fruit  Grilled Cheese, Roasted Veggies, Fresh Fruit | 10  Lean Beef Burger, Roasted Sweet Peas, Fresh Fruit  Lean Beef Meatballs w/Tomato Sauce, Roasted Sweet Peas, Roll, Fresh Fruit  Mac & Cheese, Roasted Sweet Peas, Fresh Fruit | 11  Sesame Chicken, Roasted Carrots w/Sesame Ponzu Vinaigrette, Brown Rice, Fresh Fruit  Cheese Pizza, Veggies & Low Fat Dip, Fresh Fruit  Cheese Pizza, Veggie Chips, Fresh Fruit |

Meals x $4.00 =

Paid by: check # or cash

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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| 14  Pasta w/Turkey Bolognese Sauce, Roasted Veggies, Fresh Fruit  Penne w/Olive Oil, Roasted Veggies, Fresh Fruit  Baked Chicken Nuggets, Roasted Veggies, Fresh Fruit | 15  Cheese Lasagna, Roasted Edamame, Garlic Bread, Fresh Fruit  Pasta w/Olive Oil, Roasted Edamame, Garlic Bread, Fresh Fruit  Breakfast for Lunch--Waffles, Eggs, Fresh Fruit | 16  Lean Beef Sloppy Joe’s, Roasted Sweet Potato Wedges, Fresh Fruit  Arroz con Pollo, Baked Plantains, Fresh Fruit  Grilled Cheese, Roasted Sweet Potato Wedges, Fresh Fruit | 17  Garlic Chicken w/Caramelized Onions, Roasted Seasonal Veggies, Roll, Fresh Fruit  Grilled Chicken Sandwich, Roasted Seasonal Veggies, Fresh Fruit  Mac & Cheese, Roasted Veggies, Fresh Fruit | 18  **CLOSED**  **For**  **Teacher**  **Work Day** |
| 21  Pasta w/Low Fat Creamy Garlic Sauce, Roasted Veggies, Fresh Fruit  Baked Chicken Nuggets, Roasted Veggies, Fresh Fruit  Baked Tofu Nuggets, Roasted Veggies, Fresh Fruit | 22  Turkey & Cheese Burrito, Black Beans, Roasted Veggies, Fresh Fruit  Cheese Burrito, Black Beans, Roasted Veggies, Fresh Fruit  Cheese Tortellini w/Tomato Sauce, Roasted Veggies, Fresh Fruit | 23  Ropa Vieja, Baked Plantains, Brown Rice, Fresh Fruit  Tofu, Baked Plantains, Brown Rice, Fresh Fruit  Grilled Cheese, Baked Tater Tots, Fresh Fruit | 24  Lean Beef Burger, Roasted Seasonal Veggies, Fresh Fruit  Veggie Burger, Roasted Seasonal Veggies, Fresh Fruit  Mac & Cheese, Roasted Veggies, Fresh Fruit | 25  Grilled Chicken Sandwich, Roasted Seasonal Veggies, Fresh Fruit  Cheese Pizza, Veggies & Low Fat Dip, Fresh Fruit  Cheese Pizza, Veggie Chips, Fresh Fruit |

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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| 28  Baked Chicken Nuggets, Roasted Seasonal Veggies, Fresh Fruit  Baked Tofu Nuggets, Roasted Seasonal Veggies, Fresh Fruit  Pasta w/Tomato Sauce, Roasted Seasonal Veggies, Fresh Fruit | 29  Baked Fish Sticks, Roasted Seasonal Veggies, Fresh Fruit  Pasta w/Lean Beef & Eggplant Bolognese, Roasted Seasonal Veggies, Fresh Fruit  Pasta w/Olive Oil, Roasted Seasonal Veggies, Fresh Fruit | 30  Beef Sloppy Joe’s, Roasted Potato Wedges, Fresh Fruit  Veggie Crumble Sloppy Joe’s, Roasted Potato Wedges, Fresh Fruit  Grilled Cheese, Roasted Seasonal Veggies, Fresh Fruit | 31  Chicken Paella, Black Beans, Baked Plantains, Fresh Fruit  Marinated Sliced Chicken, Black Beans, Baked Plantains, Fresh Fruit  Mac & Cheese, Roasted Seasonal Veggies, Fresh Fruit | 1  Roasted Turkey, Roasted Seasonal Veggies, Roll, Fresh Fruit  Cheese Pizza, Veggie Chips, Fresh Fruit  Cheese Pizza, Veggies & Low Fat Dip, Fresh Fruit |

**“yummy in my tummy”** Organic & Natural Caterers.

