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| **August**Child’s Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Classroom

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| **Date** | **1** | **2** | **3** |
| **July 31** |  |  |  |
| **August 1** |  |  |  |
| **August 2** |  |  |  |
| **August 3** |  |  |  |
| **August 4** |  |  |  |
| **August 7** |  |  |  |
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| **August 9** |  |  |  |
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| **August 11** |  |  |  |
| **August 14** |  |  |  |
| **August 15** |  |  |  |
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| **August 17** |  |  |  |
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| **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** |
| 31Pasta w/Lean Beef & Eggplant Bolognese, Roasted Veggies, Fresh Fruit Pasta w/Olive Oil, Roasted Veggies, Fresh FruitBaked Chicken Nuggets, Roasted Seasonal Veggies, Fresh Fruit | 1Baked Fish Cakes, Cauliflower Crunch, Fresh FruitCheese Tortellini w/Tomato Sauce, Cauliflower Crunch, Fresh FruitCheese 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 FruitGrilled Cheese, Roasted Veggies, Fresh Fruit | 3Roasted Herbed Sliced Turkey, Roasted Sweet Potato Fries, Roll, Fresh FruitTurkey Po’ Boy Sandwich, Sweet Potato Fries, Fresh FruitMac & Cheese, Roasted Seasonal Veggies, Fresh Fruit | 4Chicken Gyro, Sautéed Peppers, Onions & Tomatoes, Fresh FruitCheese Pizza, Veggies & Low Fat Dip, Fresh FruitCheese Pizza, Veggie Chips, Fresh Fruit |
| 7Low Fat Chicken Alfredo w/Penne, Roasted Zucchini, Fresh FruitLow Fat Penne Alfredo, Roasted Zucchini, Fresh FruitBaked Chicken Nuggets Roasted Zucchini, Fresh Fruit | 8Turkey & Cheese Enchiladas, Rice & Beans, Fresh FruitCheese Enchiladas, Rice & Beans, Fresh FruitPasta w/Tomato Sauce, Roasted Veggies, Fresh Fruit1. 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.**
 | 9Chicken w/Sautéed Mushroom Sauce, Roll, Roasted Veggies, Fresh FruitGrilled Chicken Sandwich, Baked Chips, Fresh FruitGrilled Cheese, Roasted Veggies, Fresh Fruit | 10Lean Beef Burger, Roasted Sweet Peas, Fresh FruitLean Beef Meatballs w/Tomato Sauce, Roasted Sweet Peas, Roll, Fresh FruitMac & Cheese, Roasted Sweet Peas, Fresh Fruit | 11Sesame Chicken, Roasted Carrots w/Sesame Ponzu Vinaigrette, Brown Rice, Fresh FruitCheese Pizza, Veggies & Low Fat Dip, Fresh FruitCheese Pizza, Veggie Chips, Fresh Fruit |

Meals x $4.00 =

Paid by: check # or cash

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

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

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

