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

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| **Date** | **1** | **2** | **3** |
| **July 30** |  |  |  |
| **July 31** |  |  |  |
| **August 1** |  |  |  |
| **August 2** |  |  |  |
| **August 3** |  |  |  |
| **August 6** |  |  |  |
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| **August 27** |  |  |  |
| **August 28** |  |  |  |
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| **August 30** |  |  |  |
| **August 31** |  |  |  |

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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| 30Baked Chicken Nuggets, Roasted Seasonal Veggies, Fresh FruitBaked Quorn Nuggets, Roasted Seasonal Veggies, Fresh FruitPenne Carbonera, Roasted Seasonal Veggies, Fresh Fruit | 31Chicken Caprese, Roasted Veggies, Roll, Fresh FruitChicken Caprese (w/o Cheese), Roll, Roasted Veggies, Fresh FruitPasta w/Lean Beef Meatballs & Tomato Sauce, Roasted Veggies, Fresh Fruit | 1Philly Cheesesteak, Roasted Seasonal Veggies, Fresh FruitBBQ Beef Sandwich, Roasted Seasonal Veggies, Fresh FruitGrilled Cheese, Roasted Seasonal Veggies, Fresh Fruit | 2Mojito Grilled Chicken w/Black Bean Salsa, Baked Plantains, Brown Rice, Fresh FruitMojito Tofu w/Black Beans Salsa, Baked Plantains, Brown Rice, Fresh FruitMac & Cheese, Roasted Seasonal Veggies, Fresh Fruit | 3Lean Beef Cheeseburger, Roasted Veggies, Fresh FruitCheese Pizza, Veggie Chips, Fresh FruitCheese Pizza, Veggies & Dip, Fresh Fruit  |
| 6Pasta w/Turkey Bolognese Sauce, Roasted Seasonal Veggies, Fresh FruitBaked Chicken Nuggets, Roasted Seasonal Veggies, Fresh FruitBaked Quorn Nuggets, Roasted Seasonal Veggies, Fresh Fruit | 7Breakfast for Lunch--Sweet Potato Pancakes, Eggs, Fresh FruitBaked Ziti, Roasted Seasonal Veggies, Garlic Bread, Fresh FruitPasta w/Olive Oil, Garlic Bread, Roasted Seasonal Veggies, Fresh Fruit | 8Turkey & Cheese Enchiladas, Rice & Beans, Fresh FruitCheese Enchiladas, Rice & Beans, Fresh FruitGrilled Cheese, Roasted Veggies, Fresh Fruit | 9BBQ Chicken, Baked Beans, Corn Bread, Fresh FruitBBQ Chicken Sandwich, Baked Beans, Corn Bread, Fresh FruitMac & Cheese, Roasted Veggies, Fresh Fruit | 10Lean Beef & Cheese Nachos, Black Beans, Fresh FruitCheese Pizza, Veggies & Dip, Fresh FruitCheese Pizza, Veggie Chips, Fresh Fruit |

Meals x $4.00 =

Paid by: check # or cash

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| 1. Check off your child’s lunch order for each day.
2. Every day you have a choice of Milk, Chocolate Milk, or Water. Please put a M, C, or W in the box for that day.
3. Each meal is $4.00. A full Menu for the Month is $96.00
4. **Order is due no later than** **Wednesday, July 25th**.
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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| 13**NO YUMMY LUNCHES****TEACHER WORK DAY** | 14Roasted Chicken w/Smashed Potatoes, Roasted Sweet Peas, Fresh FruitRigatoni Genovese w/Chicken, Roasted Veggies, Fresh FruitRigatoni Genovese, Roasted Veggies, Fresh Fruit | 15Arroz con Pollo, Baked Plantains, Fresh FruitMarinated Chicken, Baked Plantains, Brown Rice, Fresh FruitGrilled Cheese, Roasted Seasonal Veggies, Fresh Fruit | 16Lean Beef Burgers, Roasted Veggies, Fresh FruitLean Beef Meatballs w/Tomato Sauce, Roll, Roasted Veggies, Fresh FruitMac & Cheese, Roasted Seasonal Veggies, Fresh Fruit | 17Baked Fish Sticks w/Slaw (on the side), Roasted Potatoes, Fresh FruitCheese Pizza, Veggies & Dip, Fresh FruitCheese Pizza, Veggie Chips, Fresh Fruit |
| 20Fusilli w/Low Fat Alfredo Sauce w/Chicken, Roasted Veggies, Fresh FruitBaked Chicken Nuggets, Roasted Veggies, Fresh FruitBaked Quorn Nuggets, Roasted Veggies, Fresh Fruit | 21Lean Beef Tacos, Rice & Beans, Fresh FruitCheese Ravioli w/Tomato Sauce, Roasted Seasonal Veggies, Fresh FruitCheese Ravioli w/Olive Oil, Roasted Seasonal Veggies, Fresh Fruit | 22Sweet & Sour Chicken w/Veggie Fried Rice, Steamed Edamame, Fresh FruitSweet & Sour Tofu w/Veggie Fried Rice, Steamed Edamame, Fresh FruitGrilled Cheese, Steamed Edamame, Fresh Fruit | 23Turkey Meatballs w/Tomato Sauce, Roll, Roasted Seasonal Veggies, Fresh FruitVeggie Crumble Meatballs w/Tomato Sauce, Roll, Roasted Seasonal Veggies, Fresh FruitMac & Cheese, Roasted Veggies, Fresh Fruit | 24Chicken Chop w/Saffron Yellow Rice w/Confetti Veggies, Black Beans, Fresh FruitCheese Pizza, Veggies & Dip, Fresh FruitCheese Pizza, Veggie Chips, Fresh Fruit |

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|  **Monday** |  **Tuesday** |  **Wednesday** |  **Thursday** |  **Friday** |
| 27Pasta w/Sirloin & Mushroom Sauce, Roasted Seasonal Veggies, Fresh FruitBaked Chicken Nuggets, Roasted Veggies, Fresh FruitBaked Quorn Nuggets, Roasted Veggies, Fresh Fruit | 28Maple Mustard Glazed Sliced Turkey, Roasted Sweet Potato Fries, Roll, Fresh FruitMaple Mustard Glazed Turkey Po’ Boy, Roasted Sweet Potato Fries, Fresh FruitCheese Tortellini w/Tomato Sauce, Roasted Veggies, Fresh Fruit | 29“Make Your Own Yummy...” Chicken Fajitas, Brown Rice, Black Beans, Fresh Fruit“Make Your Own Yummy...” Tofu Fajitas, Brown Rice, Black Beans, Fresh FruitGrilled Cheese, Roasted Seasonal Veggies, Fresh Fruit | 30Baked Fish Cakes w/Slaw (on the side), Roasted Veggies, Fresh FruitBreaded & Baked Fish Sandwich w/Slaw (on the side), Roasted Veggies, Fresh FruitMac & Cheese, Roasted Veggies, Fresh Fruit | 31Beef Gyro w/Tzatziki, Sautéed Peppers, Tomatoes & Onions, Baked Chips, Fresh FruitCheese Pizza, Veggies & Dip, Fresh FruitCheese Pizza, Veggie Chips, Fresh Fruit |

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

