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| **August**  Child’s Name  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Classroom   |  |  |  |  | | --- | --- | --- | --- | | **Date** | **1** | **2** | **3** | | **July 30** |  |  |  | | **July 31** |  |  |  | | **August 1** |  |  |  | | **August 2** |  |  |  | | **August 3** |  |  |  | | **August 6** |  |  |  | | **August 7** |  |  |  | | **August 8** |  |  |  | | **August 9** |  |  |  | | **August 10** |  |  |  | | **August 13** |  |  |  | | **August 14** |  |  |  | | **August 15** |  |  |  | | **August 16** |  |  |  | | **August 17** |  |  |  | | **August 20** |  |  |  | | **August 21** |  |  |  | | **August 22** |  |  |  | | **August 23** |  |  |  | | **August 24** |  |  |  | | **August 27** |  |  |  | | **August 28** |  |  |  | | **August 29** |  |  |  | | **August 30** |  |  |  | | **August 31** |  |  |  |   \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| 30  Baked Chicken Nuggets, Roasted Seasonal Veggies, Fresh Fruit  Baked Quorn Nuggets, Roasted Seasonal Veggies, Fresh Fruit  Penne Carbonera, Roasted Seasonal Veggies, Fresh Fruit | 31  Chicken Caprese, Roasted Veggies, Roll, Fresh Fruit  Chicken Caprese (w/o Cheese), Roll, Roasted Veggies, Fresh Fruit  Pasta w/Lean Beef Meatballs & Tomato Sauce, Roasted Veggies, Fresh Fruit | 1  Philly Cheesesteak, Roasted Seasonal Veggies, Fresh Fruit  BBQ Beef Sandwich, Roasted Seasonal Veggies, Fresh Fruit  Grilled Cheese, Roasted Seasonal Veggies, Fresh Fruit | 2  Mojito Grilled Chicken w/Black Bean Salsa, Baked Plantains, Brown Rice, Fresh Fruit  Mojito Tofu w/Black Beans Salsa, Baked Plantains, Brown Rice, Fresh Fruit  Mac & Cheese, Roasted Seasonal Veggies, Fresh Fruit | 3  Lean Beef Cheeseburger, Roasted Veggies, Fresh Fruit  Cheese Pizza, Veggie Chips, Fresh Fruit  Cheese Pizza, Veggies & Dip, Fresh Fruit |
| 6  Pasta w/Turkey Bolognese Sauce, Roasted Seasonal Veggies, Fresh Fruit  Baked Chicken Nuggets, Roasted Seasonal Veggies, Fresh Fruit  Baked Quorn Nuggets, Roasted Seasonal Veggies, Fresh Fruit | 7  Breakfast for Lunch--Sweet Potato Pancakes, Eggs, Fresh Fruit  Baked Ziti, Roasted Seasonal Veggies, Garlic Bread, Fresh Fruit  Pasta w/Olive Oil, Garlic Bread, Roasted Seasonal Veggies, Fresh Fruit | 8  Turkey & Cheese Enchiladas, Rice & Beans, Fresh Fruit  Cheese Enchiladas, Rice & Beans, Fresh Fruit  Grilled Cheese, Roasted Veggies, Fresh Fruit | 9  BBQ Chicken, Baked Beans, Corn Bread, Fresh Fruit  BBQ Chicken Sandwich, Baked Beans, Corn Bread, Fresh Fruit  Mac & Cheese, Roasted Veggies, Fresh Fruit | 10  Lean Beef & Cheese Nachos, Black Beans, Fresh Fruit  Cheese Pizza, Veggies & Dip, Fresh Fruit  Cheese 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** | 14  Roasted Chicken w/Smashed Potatoes, Roasted Sweet Peas, Fresh Fruit  Rigatoni Genovese w/Chicken, Roasted Veggies, Fresh Fruit  Rigatoni Genovese, Roasted Veggies, Fresh Fruit | 15  Arroz con Pollo, Baked Plantains, Fresh Fruit  Marinated Chicken, Baked Plantains, Brown Rice, Fresh Fruit  Grilled Cheese, Roasted Seasonal Veggies, Fresh Fruit | 16  Lean Beef Burgers, Roasted Veggies, Fresh Fruit  Lean Beef Meatballs w/Tomato Sauce, Roll, Roasted Veggies, Fresh Fruit  Mac & Cheese, Roasted Seasonal Veggies, Fresh Fruit | 17  Baked Fish Sticks w/Slaw (on the side), Roasted Potatoes, Fresh Fruit  Cheese Pizza, Veggies & Dip, Fresh Fruit  Cheese Pizza, Veggie Chips, Fresh Fruit |
| 20  Fusilli w/Low Fat Alfredo Sauce w/Chicken, Roasted Veggies, Fresh Fruit  Baked Chicken Nuggets, Roasted Veggies, Fresh Fruit  Baked Quorn Nuggets, Roasted Veggies, Fresh Fruit | 21  Lean Beef Tacos, Rice & Beans, Fresh Fruit  Cheese Ravioli w/Tomato Sauce, Roasted Seasonal Veggies, Fresh Fruit  Cheese Ravioli w/Olive Oil, Roasted Seasonal Veggies, Fresh Fruit | 22  Sweet & Sour Chicken w/Veggie Fried Rice, Steamed Edamame, Fresh Fruit  Sweet & Sour Tofu w/Veggie Fried Rice, Steamed Edamame, Fresh Fruit  Grilled Cheese, Steamed Edamame, Fresh Fruit | 23  Turkey Meatballs w/Tomato Sauce, Roll, Roasted Seasonal Veggies, Fresh Fruit  Veggie Crumble Meatballs w/Tomato Sauce, Roll, Roasted Seasonal Veggies, Fresh Fruit  Mac & Cheese, Roasted Veggies, Fresh Fruit | 24  Chicken Chop w/Saffron Yellow Rice w/Confetti Veggies, Black Beans, Fresh Fruit  Cheese Pizza, Veggies & Dip, Fresh Fruit  Cheese Pizza, Veggie Chips, Fresh Fruit |

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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| 27  Pasta w/Sirloin & Mushroom Sauce, Roasted Seasonal Veggies, Fresh Fruit  Baked Chicken Nuggets, Roasted Veggies, Fresh Fruit  Baked Quorn Nuggets, Roasted Veggies, Fresh Fruit | 28  Maple Mustard Glazed Sliced Turkey, Roasted Sweet Potato Fries, Roll, Fresh Fruit  Maple Mustard Glazed Turkey Po’ Boy, Roasted Sweet Potato Fries, Fresh Fruit  Cheese 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 Fruit  Grilled Cheese, Roasted Seasonal Veggies, Fresh Fruit | 30  Baked Fish Cakes w/Slaw (on the side), Roasted Veggies, Fresh Fruit  Breaded & Baked Fish Sandwich w/Slaw (on the side), Roasted Veggies, Fresh Fruit  Mac & Cheese, Roasted Veggies, Fresh Fruit | 31  Beef Gyro w/Tzatziki, Sautéed Peppers, Tomatoes & Onions, Baked Chips, Fresh Fruit  Cheese Pizza, Veggies & Dip, Fresh Fruit  Cheese Pizza, Veggie Chips, Fresh Fruit |

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

