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| **August 2019**  Child’s Name  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Classroom   |  |  |  |  | | --- | --- | --- | --- | | **Date** | **1** | **2** | **3** | | **Aug 5** |  |  |  | | **Aug 6** |  |  |  | | **Aug 7** |  |  |  | | **Aug 8** |  |  |  | | **Aug 9 \*\*** |  |  |  | | **Aug 12** |  |  |  | | **Aug 13** |  |  |  | | **Aug 14** |  |  |  | | **Aug 15** |  |  |  | | **Aug 16 \*\*** |  |  |  | | **Aug 19** |  |  |  | | **Aug 20** |  |  |  | | **Aug 21** |  |  |  | | **Aug 22** |  |  |  | | **Aug 23 \*\*** |  |  |  | | **Aug 26** |  |  |  | | **Aug 27** |  |  |  | | **Aug 28** |  |  |  | | **Aug 29** |  |  |  | | **Aug 30 \*\*** |  |  |  |   \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| 5  Pasta w/Turkey Bolognese Sauce, Roasted Seasonal Veggies, Fresh Fruit  Pasta w/Olive Oil, Roasted Seasonal Veggies, Fresh Fruit  Baked Chicken Nuggets, Roasted Seasonal Veggies, Fresh Fruit | 6  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 | 7  Lean Ground Beef & Cheese Enchiladas, Rice & Beans, Fresh Fruit  Cheese Enchiladas, Rice & Beans, Fresh Fruit  Grilled Cheese, Roasted Veggies, Fresh Fruit | 8  BBQ Chicken, Baked Beans, Corn Bread, Fresh Fruit  BBQ Chicken Sandwich, Baked Beans, Corn Bread, Fresh Fruit  Mac & Cheese, Roasted Veggies, Fresh Fruit | 9  Pulled Beef & Cheese Nachos, Black Beans, Fresh Fruit  Cheese Pizza, Veggies & Dip, Fresh Fruit  Cheese Pizza, Veggie Chips, Fresh Fruit |
| 12  Baked Chicken Nuggets, Roasted Veggies, Fresh Fruit  Rigatoni Genovese w/Chicken, Roasted Veggies, Fresh Fruit  Rigatoni Genovese, Roasted Veggies, Fresh Fruit | 13  Picadillo, Baked Plantains, Roasted Veggies, Fresh Fruit  Cheese Tortellini w/Tomato Sauce, Roasted Seasonal Veggies, Fresh Fruit  Cheese Tortellini w/Olive Oil, Roasted Seasonal Veggies, Fresh Fruit | 14  Chicken Teriyaki Bowl (Chicken over Fried Rice), Steamed Veggies, Fresh Fruit  Teriyaki Chicken Sandwich, Steamed Veggies, Fresh Fruit  Grilled Cheese, Roasted Seasonal 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 **$4.50**. A full menu for the month is **$90.00** 4. Tear off and return the completed form by **Friday, July 26th.** | 15  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 | 16  Breaded & Baked Fish Sandwich w/Slaw (on the side), Roasted Potato Wedges, Fresh Fruit  Cheese Pizza, Veggies & Dip, Fresh Fruit  Cheese Pizza, Veggie Chips, Fresh Fruit |

Meals x $4.50 = \_\_\_\_\_\_\_\_

Paid by: check # \_\_\_\_\_\_\_

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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| 19  Pasta w/Low Fat Alfredo Sauce w/Chicken, Roasted Veggies, Fresh Fruit  Pasta w/Low Fat Alfredo Sauce, Roasted Veggies, Fresh Fruit  Baked Chicken Nuggets, Glazed Carrots, Fresh Fruit | 20  Lean Beef Tacos, Rice & Beans, Fresh Fruit  Pasta w/Tomato Sauce, Roasted Seasonal Veggies, Fresh Fruit  Pasta w/Olive Oil, Roasted Seasonal Veggies, Fresh Fruit | 21  Lemon Pepper Chicken w/Lo Mein Noodles, Steamed Veggies, Fresh Fruit  Buffalo Chicken & Blue Cheese Sandwich, Roasted Potatoes, Fresh Fruit  Grilled Cheese, Roasted Potatoes, Fresh Fruit | 22  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 Seasonal Veggies, Fresh Fruit | 23  Chicken Chop w/Saffron Rice, Black Beans, Roasted Veggies, Fresh Fruit  Cheese Pizza, Veggies & Dip, Fresh Fruit  Cheese Pizza, Veggie Chips, Fresh Fruit |
| 26  Baked Chicken Nuggets, Roasted Seasonal Veggies, Fresh Fruit  Pasta w/Sirloin & Mushroom Sauce, Roasted Seasonal Veggies, Fresh Fruit  Pasta w/Olive Oil, Roasted Seasonal Veggies, Fresh Fruit | 27  Maple Mustard Glazed Sliced Turkey, Roasted Sweet Potato Fries, Roll, Fresh Fruit  Cheese Ravioli w/Tomato Sauce, Roasted Seasonal Veggies, Fresh Fruit  Cheese Ravioli w/Olive Oil, Roasted Seasonal Veggies, Fresh Fruit | 28  “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 | 29  Baked Fish Sticks w/Slaw (on the side), Roasted Potato Wedges, Fresh Fruit  Breaded & Baked Fish Sandwich w/Slaw (on the side), Roasted Potatoes, Fresh Fruit  Mac & Cheese, Roasted Veggies, Fresh Fruit | 30  Beef Gyro w/Tzatziki, Sautéed Peppers, Tomatoes & Onions, Veggie Chips, Fresh Fruit  Cheese Pizza, Veggies & Dip, Fresh Fruit  Cheese Pizza, Veggie Chips, Fresh Fruit |