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| **August 2019**Child’s Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Classroom

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

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

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

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