

# August

# Lunch

Day Care Centers

# 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>7</b> Chicken Fajitas 2 OZ Cheese Shredded for Tacos .5 OZ Veg Corn Whole Kern 1/2 Cup Bread WGR Wheat Tortilla 1 EA Fruit Peaches 1/2c 1/2 Cup Milk, 1% Gal 6 or 8 oz. 1 CUP Milk, Whole Gal. 1 CUP</p>	<p><b>8</b> Entree Lasagna DC 1 Palce Salad Tossed 1 CUP Bread Whole Wheat Roll WGR 1 ea 1 EA Fruit Pineapple 1/2c 1/2 Cup Milk, 1% Gal 6 or 8 oz. 1 CUP Milk, Whole Gal. 1 CUP</p> <p><i>Dairy/Egg = Grilled Chicken</i></p>	<p><b>9</b> Beef Meatball Sub 6-1/2oz ea. 6 EA Veg California Blend 1/2 CUP Bread Wheat Hot Dog WGR 1 ea 1 EA Fruit Fresh Apple 1 ea 1 EA Milk, 1% Gal 6 or 8 oz. 1 CUP Milk, Whole Gal. 1 CUP</p> <p><i>Dairy/Egg = Burger</i></p>	<p><b>10</b> Bread Pancakes WGR 2 ea 2 EA Sausage breakfast(turkey) 1.5 oz 1 EA Potato Homefries DC 4 OZ PC Maple Syrup Cups 1 Case Fruit Banana Puffles 1 ea 1 EA Milk, 1% Gal 6 or 8 oz. 1 CUP Milk, Whole Gal. 1 CUP</p> <p><i>Dairy/Egg = Biscuit</i></p>	<p><b>11</b> Sand Turkey Sliced for DC/Sch. 2 OZ Veg Peas &amp; Carrots 1/2 CUP Bread 28 sl Wheat 2 sl WGR 2 Slice Fruit Fresh Nectarine 1 ea 1 EA Milk, 1% Gal 6 or 8 oz. 1 CUP Milk, Whole Gal. 1 CUP</p>
<p><b>14</b> Beef Meatloaf DC 1 EA Potatoes Mashed 1/2 Cup Bread Whole Wheat Roll WGR 1 ea 1 EA Fruit Applesauce 1/2 c 1/2 CUP Milk, 1% Gal 6 or 8 oz. 1 CUP Milk, Whole Gal. 1 CUP</p> <p><i>Dairy/Egg = Burger</i></p>	<p><b>15</b> Chicken Breast BBQ DC CN 1 EA Veg Cauliflower 1/2 CUP Bread Whole Wheat Roll WGR 1 ea 1 EA Fruit Orange 1 ea 1 EA Milk, 1% Gal 6 or 8 oz. 1 CUP Milk, Whole Gal. 1 CUP</p>	<p><b>16</b> Turkey Burger 1ea 1 EA Beans Baked Vegetarian 1/2 CUP Bread Wheat Hamb Bun WGR 1 ea 1 EA Fruit Fresh Cantaloupe 1/2 c 1/2 CUP Milk, 1% Gal 6 or 8 oz. 1 CUP Milk, Whole Gal. 1 CUP</p>	<p><b>17</b> Beef Stew 4 OZ Veg Beans Green (Steamed) 1/2 cup 1/2 CUP Bread Whole Wheat Roll WGR 1 ea 1 EA Fruit Mixed Fruit Cocktail 1/2 c 1/2 CUP Milk, 1% Gal 6 or 8 oz. 1 CUP Milk, Whole Gal. 1 CUP</p>	<p><b>18</b> Sand Beef Bologna (for sandwich) 2 OZ Veg Mixed Fruit Bread 28 sl Wheat 2 sl WGR 2 Slice Fruit Mandarin Oranges 1/2 c 1/2 CUP Milk, 1% Gal 6 or 8 oz. 1 CUP Milk, Whole Gal. 1 CUP</p>
<p><b>21</b> Fish Sticks CN 3 ea 3 EA Veg Squash Mashed Winter 1/2 CUP Sauce Tartar Pc c 1 EA Bread Whole Wheat Roll WGR 1 ea 1 EA Fruit Fresh Apple 1 ea 1 EA Milk, 1% Gal 6 or 8 oz. 1 CUP Milk, Whole Gal. 1 CUP</p> <p><i>Fish = Chicken Tenders</i></p>	<p><b>22</b> Beef Hamburgers 1 EA Veg Carrots (Steamed) 1/2 c. 1/2 CUP Bread Wheat Hamb Bun WGR 1ea 1 EA Fruit Tropical Fruit 1/2 c 1/2 CUP Milk, 1% Gal 6 or 8 oz. 1 CUP Milk, Whole Gal. 1 CUP</p>	<p><b>23</b> Chicken Pulled 3 OZ Veg Peas 1/2 Cup Bread Wheat Hamb Bun WGR 1ea 1 EA Fruit Pears 1/2 c 1/2 Cup Milk, 1% Gal 6 or 8 oz. 1 CUP Milk, Whole Gal. 1 CUP</p>	<p><b>24</b> Macaroni &amp; Cheese 6 OZ Veg Broccoli 1/2 Cup Bread Whole Wheat Roll WGR 1 ea 1 EA Fruit Orange 1 ea 1 EA Milk, 1% Gal 6 or 8 oz. 1 CUP Milk, Whole Gal. 1 CUP</p> <p><i>Dairy = Chicken Patty</i></p>	<p><b>25</b> Ham Turkey 2 OZ Salad Potato DC 1/2 CUP Bread 28 sl Wheat 2 sl WGR 2 Slice Fruit Fresh Peach 1 ea 1 EA Milk, 1% Gal 6 or 8 oz. 1 CUP Milk, Whole Gal. 1 CUP</p> <p><i>Egg = Baby carrots</i></p>
<p><b>28</b> Chicken Patty Breaded CN 1 ea 1 EA Veg Beans Green (Steamed) 1/2 cup 1/2 CUP Bread Wheat Hamb Bun WGR 1ea 1 EA Fruit Pineapple 1/2c 1/2 Cup Milk, 1% Gal 6 or 8 oz. 1 CUP Milk, Whole Gal. 1 CUP</p>	<p><b>29</b> Chili Veg Corn Whole Kern 1/2 Cup Bread 28 SL Whole Wheat WGR 1 sl 1 Slice Fruit Fresh Apple 1 ea 1 EA Milk, 1% Gal 6 or 8 oz. 1 CUP Milk, Whole Gal. 1 CUP</p>	<p><b>30</b> Chicken Fingers 3 OZ Veg Squash Mashed Winter 1/2 CUP Sauce BBQ Pc 1 EA Bread Whole Wheat Roll WGR 1 ea 1 EA Fruit Mixed Fruit Cocktail 1/2 c 1/2 Cup Milk, 1% Gal 6 or 8 oz. 1 CUP Milk, Whole Gal. 1 CUP</p>	<p><b>31</b> Sloppy Joe DC 2 OZ Veg Cauliflower 1/2 CUP Bread Wheat Hamb Bun WGR 1ea 1 EA Fruit Pears 1/2 c 1/2 Cup Milk, 1% Gal 6 or 8 oz. 1 CUP Milk, Whole Gal. 1 CUP</p>	<p><b>1</b> Sand Tuna Salad sand all 2 OZ Veg Carrots (Steamed) 1/2 c. 1/2 CUP Bread 28 sl Wheat 2 sl WGR 2 Slice Fruit Banana Puffles 1 ea 1 EA Milk, 1% Gal 6 or 8 oz. 1 CUP Milk, Whole Gal. 1 CUP</p> <p><i>Fish/Egg = Turkey</i></p>