



AUGUST 2023



Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	31 Nachos with cheese, black beans, corn, fruit cocktail, milk <u>Snack</u> apple slices, animal crackers	1 Spaghetti, whole wheat roll, broccoli, pears, milk <u>Snack</u> watermelon, graham crackers	2 Fried chicken, yellow rice, green beans, mandarin oranges, milk <u>Snack</u> blueberries, brownies	3 Fish sticks, hush puppies, coleslaw, pineapples, milk <u>Snack</u> peaches, bagels with cream cheese	4 Sloppy Joes, whole wheat buns, cauliflower, applesauce, milk <u>Snack</u> pears, yogurt with granola	5
6	7 Pizza, corn, salad, peaches, milk <u>Snack</u> apples, goldfish	8 Chicken teriyaki, rice, mixed veggies, peaches, milk <u>Snack</u> bananas, Pop Tarts	9 Cheese ravioli, garlic bread, zucchini, pears, milk <u>Snack</u> plums, vanilla wafers	10 Chicken tenders, pasta salad, corn, mixed fruit, milk <u>Snack</u> strawberries, fig bars	11 Sausage biscuits, hash browns, apple sauce, milk <u>Snack</u> melon slices, Ritz crackers	12
13	14 Pork chops, roasted potatoes, green beans, applesauce, milk <u>Snack</u> grapes, blueberry muffins	15 Salisbury steak, mashed potatoes, salad, fruit cocktail, milk <u>Snack</u> tropical fruit, donuts	16 Turkey tacos in a wheat wrap, corn, pineapple, milk <u>Snack</u> watermelon, cheese sticks	17 Shredded BBQ pork, brown rice, peas, pears, milk <u>Snack</u> honeydew melon, goldfish	18 Hamburgers on whole wheat buns, Sun Chips, carrots, mandarin oranges, milk <u>Snack</u> pineapples, Cheetos	19
20	21 Meat loaf, mashed potatoes, lima beans, applesauce, milk <u>Snack</u> watermelon, animal crackers	22 Spinach ravioli, garlic bread, zucchini, mandarin oranges, milk <u>Snack</u> pears, string cheese	23 BBQ chicken, sweet potatoes, peas, peaches, milk <u>Snack</u> apple slices, pretzels	24 Ham, brown rice, green beans, pineapple, milk <u>Snack</u> raspberries, carrots with hummus	25 Crispy fish sticks, roasted potatoes, salad, fruit cocktail, milk <u>Snack</u> oranges, snack mix	26
27	28 Chicken tacos with cheese, corn, pineapple, milk <u>Snack</u> blueberries, apple muffins	29 Homemade meatballs, rice, gravy, yellow squash, peaches, milk <u>Snack</u> fruit cocktail, gingersnaps	30 Pork roast, roasted potatoes, cauliflower, pears, milk <u>Snack</u> sliced apples, Teddy Grahams	31 Lasagna, garlic knots, corn, fruit cocktail, milk <u>Snack</u> oranges, Sun Chips	1 Pulled BBQ chicken sandwiches on whole wheat buns, salad, applesauce, milk <u>Snack</u> Jello, Poptarts	

