



# August 2024 Menu



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>For the health and safety of our participants, please do not bring in or share any outside food or drink. Store prepared items may be approved for special occasions.</p>				<p><b>1 Chef Salad</b> Lettuce, egg, ham, turkey, tomatoes, cheese, 2 wg bread sticks, bananas, 1%</p>	<p><b>2 Asian Chicken Salad</b> Chicken, brown rice onion, peppers, carrots, cabbage, mandarin oranges, 1% milk</p>	<p><b>Meal Pattern</b> <b>Minimum Quantities</b></p> <p>Fluid 1% milk 8 oz.</p> <p><b>Meat or Meat Alternative</b></p> <p>2 oz. mm</p> <p><b>Vegetables 1/2 cup</b></p> <p><b>Fruits 1/2 cup</b></p> <p><b>Grains</b></p> <p>2 ounces</p> <p>2 servings or 1 cup</p>
4	<p><b>5 Chicken Broccoli Alfredo</b> Chicken, whole wheat penne, broccoli, garlic bread fruit cocktail, 1% milk</p>	<p><b>6 Egg Roll In a Bowl</b> Brown rice, chicken, cabbage, carrots, onions, mandarin oranges, 1% milk</p>	<p><b>7 Pasta Salad</b> Wg noodles, chicken, tomatoes, onions, cucumbers, olives, feta, melon, 1% milk</p>	<p><b>8 Thai Noodle Salad</b> Chicken, cucumbers, red peppers, tomatoes, basil, wg noodles, mixed fruit, 1% milk</p>	<p><b>9 Ham &amp; Egg Scramble</b> Eggs, ham, cheese, onions, tomatoes, 2 pieces wg toast, oranges, 1% milk</p>	
11	<p><b>12 Pinto Bean Casserole</b> Beans, onions, tomatoes, cheese, ww tortillas, mixed fruit, 1% milk</p>	<p><b>13 BLT Pasta Salad</b> Chicken, bacon, lettuce, tomato, cucumber wg pasta, bananas 1% milk</p>	<p><b>14 Honey Lime Chicken</b> Chicken, lime, honey, carrots, brown rice, peaches, 1% milk</p>	<p><b>15 Chicken Salad Sandwich</b> Chicken, celery, onion, grapes, tomatoes, wg bun, pears, 1% milk</p>	<p><b>16 Spaghetti</b> Ground beef, wg noodles, tomatoes, onions, peppers, garlic bread, grapes, 1% milk</p>	
18	<p><b>19 Vegetarian Burrito Bowls</b> Beans, brown rice, tomatoes, lettuce, onion, olives, cheese, guacamole grapes 1% milk</p>	<p><b>20 Breakfast Casserole</b> Eggs, potatoes, sausage, cheese, onions, peppers, 2 pieces WG toast, melon, 1% milk</p>	<p><b>21 Cheese Burger Bowl</b> Beef, cheese, onion, tomato, lettuce, mustard, pickles, brown rice, mixed berries 1%</p>	<p><b>22 Chicken Caesar Salad</b> Chicken, romaine, tomatoes, parmesan, 2 wg bread sticks mixed fruit</p>	<p><b>23 Ziti Bake</b> WG pasta, Italian sausage, spinach, tomatoes, onions, cheese, applesauce, 1% milk</p>	
25	<p><b>26 Egg Salad</b> WW bread, eggs, onions, celery, chips, bananas 1% milk</p>	<p><b>27 Pulled Chicken</b> Chicken, wg hamburger bun, coleslaw, pears, 1% milk</p>	<p><b>28 Chicken Pesto Gnocchi</b> Gnocchi, chicken, spinach, tomatoes, parmesan, 2 wg bread sticks, applesauce, 1% milk</p>	<p><b>29 Mediterranean Chicken Wraps</b> Chicken, onion, tomato, feta, spinach, olives WG tortilla, pineapple 1% milk</p>	<p><b>30 Chicken Fried Rice</b> Chicken, brown rice, egg, onions, peas, carrots, mandarins 1% milk</p>	

This institution is an equal opportunity provider