

August Lunch Menu

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>
1) Popcorn chicken with dips, veggie sticks, fruit juice and milk.	2) Chefs salad with dressing, fruit and milk.	3) Grilled cheese sandwich with Tomato soup, fruit juice and milk.	4) Quesadillas with salsa, fruit and milk.
8) Powerhouse chili with corn bread, fruit and milk.	9) Veggie fried rice with eggs, ham, fruit, milk and a fortune cookie.	10) Cheeseburger with chips, fruit juice and milk.	11) Mustang bowls with fruit juice and milk.
15) Chili dogs with sweet potato puffs, fruit and milk.	16) Chicken curry casserole with fruit juice, milk and flat bread.	17) Baked spaghetti with marinara, sautéed veggies, fruit and milk.	18) sloppy joe on a bun with corn, fruit juice and milk.
22) Chic' Penne with fruit juice and milk.	23) Spicy nachos with salsa, sour cream, fruit juice and milk.	24) meatball sub with veggie sticks, fruit and milk.	25) Fish sticks with tartar sauce, tater barrels, fruit juice and milk.
29) Individual flatbread veggie pizzas with fruit and milk.	30) Salisbury steak with gravy, mashed potatoes, buttered carrots, fruit juice and milk.	31) Teriyaki chicken with stir fried veggies, fruit juice and milk.	

Notes:

There will be two types of milk offered at each meal:

Breakfast: skim and 1% white

Lunch: 1% white and fat free chocolate

*Menu is subject to change as needed.

"This institution is an equal opportunity provider."