



	Sun 08-04-2024	Mon 08-05-2024	Tue 08-06-2024	Wed 08-07-2024	Thu 08-08-2024	Fri 08-09-2024	Sat 08-10-2024
B R E A K F A S T	1 oz Cold Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	1 oz Cold Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	1 oz Cold Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	1 oz Cold Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	1 oz Cold Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	1 oz Cold Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	1 oz Cold Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast
	3 oz Beef Pot Roast 1/2 c Classic Mashed Potatoes 1/2 c Buttery Carrots	3 oz Grilled Shrimp 3 oz Grilled Chicken 1/2 c Jamaican Rice and Peas 1/2 c Vegetable Medley	1 - Hamburger 'N Fixin's 1/2 c Pasta Salad 1 c Watermelon	1 c Chicken Fajita Bowl 1/2 c Delicious Rice	1 c Scalloped Ham and Potatoes 1/2 c Vegetable Medley	3 oz Baked Cod Fillet 3 oz French Fries 1/2 c Vegetable Medley	3 oz Chicken Cordon Bleu 1 c Garden Green Salad 1 oz Garlic Bread
D I N N E R	1 c Baked Spaghetti 1/2 c Assorted Fruit 1 slice Garlic Bread	2 - Ham and Cheese Roll Ups 1/2 c Assorted Fruit 1 c Garden Green Salad	1 - Hot Roast Beef Sliders 1/2 c Assorted Fruit 1 oz Potato Chips	1 c Tuna Pasta Salad 1/2 c Assorted Fruit 1 - Baked Roll	1 c Baked Beef Ravioli 1 oz Garlic Bread	1 c Classic Beef Stew 1/2 c Assorted Fruit 1 - Baked Roll	1/2 c Egg Salad 1/2 c Fruit 1 c Bacon Lettuce Salad
	Milk offered at every meal						Week 4

File this copy



	Sun 08-11-2024	Mon 08-12-2024	Tue 08-13-2024	Wed 08-14-2024	Thu 08-15-2024	Fri 08-16-2024	Sat 08-17-2024
B R E A K F A S T	1 oz Cold Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	1 oz Cold Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	1 oz Cold Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	1 oz Cold Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	1 oz Cold Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	1 oz Cold Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	1 oz Cold Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast
	3 oz Pot Roast with Gravy 1/2 c Classic Mashed Potatoes 1/2 c Fresh Cooked Carrots	3 oz Country Fried Steak with Gravy 1/2 c Macaroni and Cheese 1/2 c Vegetable Medley	1 - All Beef Hot Dog 1/2 c Potato Salad 1 c Fresh Fruit	1 c Beef Stroganoff 1/2 c Herb Roasted Vegetables	1 c Beef Goulash 1/2 c Buttered Squash 1 - Baked Roll	3 oz Baked Cod Fillet 3 - Onion Rings 1/2 c Vegetable Medley	3 oz Meatballs 1/2 c Baked Beans 1/2 c Vegetable Medley
D I N N E R	1 - Classic Turkey Sandwich 1/2 c Assorted Fruit 1/2 c Italian Pasta Salad	1-1/2 c Grilled Steak Salad 1/2 c Assorted Fruit 1 - Baked Roll	1 c Cheese Tortellini 1 oz Garlic Bread	3 oz BBQ Little Smokies 2 - Ham and Cheese Roll Ups 1/2 c Fruit	1 - Chicken Salad on Croissant 1/2 c Assorted Fruit	2 c Taco Salad 1 slice Ultimate Veggie Pizza 1 oz Garlic Bread	1 c Chicken and Noodles 1/2 c Assorted Fruit
	Milk offered at every meal						Week 5

File this copy



	Sun 08-18-2024	Mon 08-19-2024	Tue 08-20-2024	Wed 08-21-2024	Thu 08-22-2024	Fri 08-23-2024	Sat 08-24-2024
B R E A K F A S T	1 oz Cold Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	1 oz Cold Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	1 oz Cold Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	1 oz Cold Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	1 oz Cold Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	1 oz Cold Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	1 oz Cold Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast
	3 oz Beef Pot Roast 1/2 c Garlic Herb Mashed Potatoes 1/2 c Buttery Carrots	Pc 3" Classic Lasagna 1 c Garden Green Salad 1 oz Garlic Bread	1 - Hot Dog 1/2 c Potato Salad 1 c Watermelon	3 oz Pepper Steak 1/2 c Rice	3 oz Salmon Patty 1/2 c Classic Mashed Potatoes 1/2 c Harvard Beets	1 c Chicken Alfredo Pasta 1/2 c Seasoned Broccoli	1 c Pizza Pasta Casserole 1 c Garden Green Salad
D I N N E R	1 - BBQ Pulled Pork 1/2 c Hawaiian Coleslaw	1 - Sloppy Joes 1/2 c Fruited Jello	1 - Open Face Hot Turkey Sandwich 1/2 c Peaches	1 - Hot Meatloaf Sandwich 1/2 c Assorted Fruit	1 - Ham Salad Sandwich 1/2 c Grapes 1 c Light Summer Salad	1 c Beef Chili 1/2 c Pears	1 - Bologna Sandwich 1/2 c Cottage Cheese and Fruit
	Milk offered at every meal						Week 1

File this copy



	Sun 08-25-2024	Mon 08-26-2024	Tue 08-27-2024	Wed 08-28-2024	Thu 08-29-2024	Fri 08-30-2024	Sat 08-31-2024
B R E A K F A S T	1 oz Cold Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	1 oz Cold Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	1 oz Cold Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 - Fresh Biscuit	1 oz Cold Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	1 oz Cold Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	1 oz Cold Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	1 oz Cold Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast
	3 oz Beef Pot Roast 1/2 c Classic Mashed Potatoes 1/2 c Buttery Carrots	2/3 c Braised Pork 1/2 c Fortified Mashed Potatoes 1/2 c Vegetable Medley	1 - Hamburger 'N Fixin's 1/2 c Pasta Salad 1/2 c Vegetable Medley	3 oz Brown Sugar Meatloaf 1/2 c Corn Casserole 1/2 c Coleslaw	3 oz Herb Crusted Turkey 1/2 c Classic Mashed Potatoes 1/2 c Seasoned Peas	3 oz Baked Fish Fillet 3 oz French Fries 1/2 c Coleslaw	1 c Ham and Potato Casserole 1/2 c Vegetable Medley
D I N N E R	1 c Ham and Northern Bean Soup 1/2 c Berry Jello 1 - Baked Roll	1-1/2 c Grilled Steak Salad 1/2 c Assorted Fruit 1 - Bread	1 c Baked Beef Ravioli 1/2 c Assorted Fruit 1 oz Garlic Bread	2 c Chicken Strawberry Salad 1 c Watermelon 1 oz Garlic Bread	1 - English Muffin Cheese Pizzas 1 c Garden Green Salad	1 c Beef Stroganoff 1/2 c Fruit 1 - Baked Roll	1 c Chicken and Noodles 1/2 c Peaches
	Milk offered at every meal						Week 2

File this copy