

# Lunch Menu



## Cycle Menu (3-week cycle \*\*\*)

August 2022

| WEEK        | MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY  |
|-------------|--|--|---|--|---|
| 08/01-08/05 | Turkey Hot Dog/ WG Bun<br>Baked tots ½ c<br>Orange<br>LF Milk<br><br>Alt - Chef Salad  | BBQ Pork Rib Sandwich<br>WG Bun<br>Macaroni Salad ½ c<br>Baby Carrots ¼ c<br>Granny Apple<br>LF Milk<br>Alt - Chef Salad | WG Oven Baked Chicken<br>Mashed Potato ½ c<br>Fresh Pear<br>LF Milk<br><br>Alt - Chef Salad                       | Ham & Cheese 3 oz<br>WG Sub Roll<br>Potato Salad ½ c<br>Diced Peaches ½ c<br>LF Milk<br><br>Alt - Chef Salad | WG Bean & Cheese Burrito<br>Romaine Salad ½ c<br>Sidekick ½ c<br>LF Milk                    |
| 08/08-08/12 | WG Chicken Nuggets 3 oz<br>Mashed Potatoes ½ c<br>Broccoli Florets ¼ cup<br>Applesauce ½ c<br>LF Milk<br><br>Alt- Chef Salad | WG Pasta w/ Mt Sauce 1 c<br>Green Beans ½ c<br>WG Roll 1.25 oz<br>Orange ½ c<br>LF Milk<br><br>Alt -Chef Salad           | Teriyaki Beef 3 oz<br>WG Rice 1/3 c<br>Green Beans ½ c<br>Pineapple Chunks ½ c<br>LF Milk<br><br>Alt - Chef Salad | WG Breaded Chicken 3 oz<br>Sandwich/ WG Bun<br>Potato Salad ½ c<br>Pear<br>LF Milk<br><br>Alt - Chef Salad   | Bean & Cheese Tostadas<br>(2)<br>Spanish Rice ¼ c<br>Chopped Salad ½ c<br>Orange<br>LF Milk |
| 08/15-08/19 | Popcorn Chicken 3 oz<br>WG Rice ½ c<br>Peas ½ c<br>Orange<br>LF Milk<br>Alt - Chef Salad                                     | Hamburger /WG Bun 2.5 oz<br>Baked Tots ½ c<br>Fresh Pear<br>LF Milk<br><br>Alt - Chef Salad                              | WG Mac & Cheese 1 c<br>Green Beans ½ c<br>Orange<br>LF Milk<br><br>Alt-Chef Salad                                 | Corn Dog 4 oz<br>Pineapple Coleslaw ½ c<br>Gala Apple<br>LF Milk<br><br>Alt - Chef Salad                     | Green Chile Meat 1 c<br>Romaine Salad ½ c<br>WG Flour tortilla<br>Granny Apple<br>LF Milk   |
| 08/22-08/26 | Turkey Hot Dog/ WG Bun<br>Baked tots ½ c<br>Granny Apple ½ c<br>LF Milk<br><br>Alt - Chef Salad                              | BBQ Pork Sandwich 3 oz<br>WG Bun<br>Macaroni Salad ½ c<br>Baby Carrots ¼ c<br>Pear ½ c<br>LF Milk<br>Alt - Chef Salad    | WG Oven Baked Chicken 3 oz<br>Mashed Potatoes ½ c<br>Orange ½ c<br>LF Milk<br>Alt - Chef Salad                    | Ham & Cheese Wrap<br>WG Tortilla<br>Romaine Salad ½ c<br>Gala Apple<br>LF Milk<br>Alt - Chef Salad           | WG Bean & Cheese Burrito<br>Cucumber slices ½ c<br>Applesauce ½ c<br>LF Milk                |

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\*\*\*MENU SUBJECT TO CHANGE\*\*\*