

Lunch Menu



Cycle Menu (3-week cycle ***)

August 2023

| WEEK | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-------------|--|---|--|--|--|
| 07/31-08/04 | <p>WG French Bread Cheese Pizza 5.2 oz Romaine Salad ½ c Golden apple ½ c LF Milk 1 c Alt – Chef Salad 3 c</p> | <p>WG Breaded Chicken Sandwich/ WG Bun 3 oz Coleslaw ½ c Orange ½ c LF Milk 1 c Alt- Chef Salad 3 c</p> | <p>WG Taco Stick 4.6 oz Refried Beans ½ c Fresh Pear ½ c LF Milk 1 c Alt – Chef Salad 3 c</p> | <p>Hamburger 2.5 oz WG Bun 2 oz Baby Carrots ½ c Gala Apple ½ c LF Milk 1 c Alt – Chef Salad 3 c</p> | <p>WG Grilled Cheese Sandwich 4.19 oz Cucumber slices ½ c Applesauce ½ c LF Milk 1 c Alt- Chef Salad 3 c</p> |
| 08/07-08/11 | <p>WG Turkey and Cheese Sub Sandwich 4.19 oz Romaine salad w/ cherry tomatoes ½ c Fresh Orange ½ c LF Milk 1 c Alt – Chef Salad 3 c</p> | <p>WG Chicken Nuggets 3.96 oz Baked tots ½ c Golden Apple ½ c LF Milk 1 c Alt- Chef Salad 3 c</p> | <p>BBQ Pork Sandwich 2.5 oz WG Bun 2 oz Potato Salad ½ c Pineapple Chunks ½ c LF Milk 1 c Alt – Chef Salad 3 c</p> | <p>WG Pepperoni Pizza 4.19 oz Chopped Salad ½ c Gala Apple ½ c LF Milk 1 c Alt – Chef Salad 3 c</p> | <p>Ham & Cheese Sub WG Sub roll 4 oz Baby Carrots ½ c Fresh Pear ½ c LF Milk 1 c Alt – Chef Salad 3 c</p> |
| 08/14-08/18 | <p>Orange Chicken 3 oz WG Steamed Rice ½ c Stir fry Vegetables ½ c Pineapple chunks ½ c LF Milk 1 c Alt – Chef Salad 3 c</p> | <p>Bean & Cheese Tostadas (2) Refried Beans ½ c Chopped salad ¼ c Orange ½ c LF Milk 1 c Alt – Chef Salad 3 c</p> | <p>WG Ham & Cheese Sub Sandwich 4 oz Coleslaw ½ c Gala Apple ½ c LF Milk 1 c Alt – Chef Salad 3 c</p> | <p>WG Pasta w/ mt sauce 1 c Broccoli florets ½ c Fresh Pear ½ c LF Milk 1 c Alt – Chef Salad 3 c</p> | <p>Carne Picada Soft Tacos (2) 4 oz Spanish Rice ½ c Chopped Salad ¼ c LF Milk 1 c Alt – Chef Salad</p> |
| 08/21-08/25 | <p>WG Pepperoni Pizza 5.2 oz Romaine Salad ½ c Golden apple ½ c LF Milk 1 c Alt – Chef Salad 3 c</p> | <p>WG Breaded Chicken Sandwich/ WG Bun 3 oz Coleslaw ½ c Diced Pears ½ c LF Milk 1 c Alt- Chef Salad 3 c</p> | <p>WG Taco Stick 4.6 oz Refried Beans ½ c Fresh Pear ½ c LF Milk 1 c Alt – Chef Salad 3 c</p> | <p>Hamburger 2.5 oz WG Bun 2 oz Baby Carrots ½ c Gala Apple ½ c LF Milk 1 c Alt – Chef Salad 3 c</p> | <p>WG Grilled Cheese Sandwich 4.19 oz Cucumber slices ½ c Applesauce ½ c LF Milk 1 c Alt- Chef Salad 3 c</p> |

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