

# August Breakfast/Snack Menu

			8/1 Rice Crispies Fresh fruit ~~~~~ +Whole wheat pita pizza with Cheese	8/2 +Apple oatmeal ~~~~~ +Soft breadsticks Cheese cubes
8/5 +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches	8/6 Cinnamon bagel Fresh fruit ~~~~~ Graham cracker Cherry/vanilla yogurt	8/7 +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar	8/8 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix	8/9 +Blueberry-peach oatmeal ~~~~~ Whole wheat pita bread Cucumber slices
8/12 +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese	8/13 +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola	8/14 +Cheerios Fresh fruit ~~~~~ Soft pretzel Applesauce	8/15 Rice Crispies Fresh fruit ~~~~~ +Whole wheat pita pizza with Cheese	8/16 +Apple oatmeal ~~~~~ +Soft breadsticks Cheese cubes
8/19 +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches	8/20 Cinnamon bagel Fresh fruit ~~~~~ Graham Cracker Peach yogurt	8/21 +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar	8/22 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix	8/23 +Blueberry-peach oatmeal ~~~~~ Whole wheat pita bread Cucumber slices
8/26 +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese	8/27 +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola	8/28 +Cheerios Fresh fruit ~~~~~ Soft pretzel Applesauce	8/29 Rice Crispies Fresh fruit ~~~~~ +Whole wheat pita pizza with Cheese	8/30 +Apple oatmeal ~~~~~ +Soft breadsticks Cheese cubes

+Whole grain

# August Lunch Menu

			8/1 Black bean, corn, & chicken quesadilla +With whole wheat tortilla Green Beans Fresh fruit	8/2 *Lasagna Tossed salad Fresh fruit
8/5 +Whole wheat ziti with chicken sausage & tomato sauce, and baby kale Grated cheese Tossed salad Fresh fruit	8/6 Chicken chili Broccoli & cheese salad +Whole wheat bread Fresh fruit	8/7 *Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit	8/8 Hamburger slider Bean medley +Whole wheat roll Fresh fruit	8/9 BBQ chicken leg California blend vegetables +Whole wheat bread Fresh fruit
8/12 Turkey sloppy joe Corn & edamame +Whole wheat roll Fresh fruit	8/13 +*Whole grain cheese melt Tomato alphabet soup Fresh fruit	8/14 Shepherd's Pie Pineapple/mango cole slaw +Whole wheat bread Fresh fruit	8/15 Maryland-style chicken Sugar snaps & carrots +Whole wheat bread Fresh fruit	8/16 +*Whole wheat macaroni & cheese Mixed vegetables Fresh fruit
8/19 +Whole wheat Turk-a-roni Grated cheese Southwest salad Fresh fruit	8/20 +*Whole grain pizza Garden salad Fresh fruit	8/21 Chicken nuggets Potato soup + Whole wheat bread Fresh fruit	8/22 *Spinach manicotti Winter blend vegetables +Whole wheat bread Fresh fruit	8/23 *Beans & Brown rice Tossed salad +Tortilla Fresh fruit
8/26 Chicken Alfredo with tri- color pasta Salad Fresh fruit	8/27 *Quiche Peas +Whole wheat bread Fresh fruit	8/28 +Spaghetti & meat sauce Grated cheese Spinach salad Fresh fruit	8/29 Chicken leg w/ buttermilk gravy Zucchini & yellow squash +Whole wheat bread Fresh fruit	8/30 +Turkey taco w/whole wheat tortilla Corn Grated cheese Fresh fruit

\*Vegetarian meal

+Whole grain

# August Vegetarian Menu

			8/1 Black bean, corn, & cheese quesadilla +With whole wheat tortilla Green beans Fresh fruit	8/2 Lasagna Tossed salad Fresh fruit
8/5 ^Teriyaki patty Grated cheese Tossed salad Fresh fruit	8/6 #^Vegetarian chili Broccoli & cheese salad +Whole wheat bread Fresh fruit	8/7 Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit	8/8 Gardenburger Bean medley +Whole wheat roll Fresh fruit	8/9 Quinoa, couscous, and parmesan California blend vegetables +Whole wheat bread Fresh fruit
8/12 #^Vegetarian sloppy joe Corn & edamame +Whole wheat roll Fresh fruit	8/13 +Whole grain cheese melt Tomato alphabet soup Fresh fruit	8/14 #^Picadillo Pineapple/Mango Coleslaw +Whole wheat bread Fresh fruit	8/15 +#Broccoli & cheddar quinoa w/brown rice Sugar snaps & carrots +Whole wheat bread Fresh fruit	8/16 +Whole wheat macaroni & cheese Mixed vegetables Fresh fruit
8/19 Cheese tortellini w/olive oil & basil Grated cheese Spinach salad Fresh fruit	8/20 +Whole wheat pizza Garden salad Fresh fruit	8/21 Veggie nuggets Potato soup +Whole wheat bread Fresh fruit	8/22 Spinach manicotti Carrots +Whole wheat bread Fresh fruit	8/23 +#^Beans & Brown rice Tossed salad Tortilla Fresh fruit
8/26 Tri-color pasta alfredo Salad Fresh fruit	8/27 Quiche – plain or broccoli Peas +Whole wheat bread Fresh fruit	8/28 +#^Lentil penne & tomato sauce w/ soy Grated cheese Spinach salad Fresh fruit	8/29 Chix patty Zucchini & yellow squash +Whole wheat bread Fresh fruit	8/30 +^Black bean and brown rice burrito w/whole wheat tortilla Corn Grated cheese Fresh fruit

+Whole grain

# Entrée is Gluten Free

^ Entrée is Vegan