




## Lunch – August, 2019

~This menu is designed for children age 12+ months	Fresh fruits include but are not limited to: apples, oranges, bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe. This institution is an equal opportunity provider	 <p>Visit us at <a href="http://www.goodfoodco.com">www.goodfoodco.com</a> Age appropriate milk must be served with lunch</p>	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/butter 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/butter 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/butter Fresh fruit	8/15 Maryland-style chicken Sugar snaps & carrots +Whole wheat bread/butter 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/butter Fresh fruit	8/22 *Spinach manicotti Winter blend vegetables +Whole wheat bread/butter 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/butter 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/butter Fresh fruit	8/30 +Turkey taco w/whole wheat tortilla Corn Grated cheese Fresh fruit

\*Vegetarian meal  
+Whole grain