



Menu Subject to change without a notice.



Nutrition Tip: August is Family Meals Month! Family meals around the table provide an opportunity to spend time together. Make time for family meals when planning your household's schedule each week. Try to cook, eat and clean up together!



Reference: USDA MyPlate

Monday

Tuesday

Wednesday

Thursday

Friday

3

4

5

6
Turkey & Cheese Sandwich
Mix Fruit
Power Punch
Fat Free Chocolate Milk
Mustard
Mayonnaise

7
Strawberry PB & J
Fruit Splash Rasels
Corn
Fat Free Chocolate Milk

10
Cheese Burger
Pear Cup
Pinto Beans
Fat Free Chocolate Milk
Ketchup
Mayonnaise

11
Chimichanga
Banana
Tropical Twist Fruitable
Fat Free Chocolate Milk

12
Teriyaki/Rice Bowl
Watermelon Rasels
Broccoli
Fat Free Chocolate Milk

13
Chile Colorado Burrito
Red Apple
Power Punch Fruitable
Fat Free Chocolate Milk

14
Lunch Pizza Bagel
Orange
Green Beans
Fat Free Chocolate Milk

17
Chicken Tender & Cheese Wrap
Blackberries
Carrots
Fat Free Chocolate Milk

18
Two Cheese Enchilada
Mixed Berry Cup
Tropical Twist Fruitable
Fat Free Chocolate Milk

19
Carnitas Bowl
Nectarines
Avocado
Fat Free Chocolate Milk

20
Turkey Taco Nada
Green Apple
Power Punch Fruitable
Fat Free Chocolate Milk

21
Grilled Cheese Sandwich
Craisin Cherry
Jicama
Fat Free Chocolate Milk

24
Turkey Taco Nada
Peach
Broccoli
Fat Free Chocolate Milk

25
Meatball Hoagie
Banana
Tropical Twist Fruitable
Fat Free Chocolate Milk

26
Calzone
Fruit Splash Rasels
Carrots
Fat Free Chocolate Milk

27
Chile Relleno Burrito
Apple Red
Power Punch Fruitable
Fat Free Chocolate Milk

28
Grape PB & J
Orange
Potato Smiles
Fat Free Chocolate Milk

31
Green Salsa Burrito
Red Apple
Potato Wedges
Fat Free Chocolate Milk
Ketchup Pkt

