

AUGUST 2022

Red = reheat onsite | Green = cold meal

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4	5
Bfast	Breaded Chicken Breast w/ Swiss Cheese, Honey Wheat English Muffin, Peach Sauce	Scrambled Eggs & Red Pepper Hashbrowns, Glazed Mixed Fruit	Cranberry Orange Muffins, Turkey Bacon, Vanilla Yogurt	Carrot Breakfast Bread, Vegetarian Sausage, Cheese Grits	Bagel w/ Garden Veggie Cream Cheese, Turkey Bacon, Flame Roasted Peaches w/ Almonds
Lunch	Beef Bourgionon Over Mashed Cauliflower, Pickled Peaches	Chicken Alfredo w/ Mozzarella Cheese, Wheat Spaghetti, Green Peas	Salad with Grilled Chicken Strips, Cherry Tomatoes, Hard Boiled Egg, Pecans, Craisins, Goddess Dressing, Wheat Roll	Cuban Braised Pork, Brown Rice, Roasted Plantains, Fajita Vegetables	Parmesan Crusted Pollock, Creamy Herb Sauce, Brown Rice & Red Quinoa, Green Beans
Picnic	Classic Chicken Salad, Potato Salad, Wheat Roll, Mixed Fruit	Turkey Breast Sandwich w/ Lettuce, Mayo/Mustard, Three Bean Salad, Fresh Fruit or Classic Tuna Salad Sandwich w/ Lettuce, Mayo/Mustard, Three Bean Salad, Fresh Fruit			

	8	9	10	11	12
Bfast	Oven Fried Chicken & Whole Grain Waffles, Cinammon Apples	Bfast Fried Rice & Eggs, Mandarin Oranges	Mini Apple Cinnamon Muffins, Chicken Sausage Patty, Vanilla Greek Yogurt	Bfast Sandwich w/ Vegetable Egg Patties, Turkey Sausage, Cheddar Cheese, Glazed Fruit	Whole Grain Pancakes w/ Apple Compote, Turkey Sausage, Pineapple Chunks
Lunch	Braised Beef Tips, Egg Noodles, Broccoli, Cauliflower, Carrots	Blackened Cod w/ Sage Cream Sauce, Green Beans/Wax Beans/Baby Carrots, Pear & Crandberry Dessert	Classic Tuna Salad, Lettuce, Cherry Tomatoes, Walnuts, Wheat Crackers, Fruit Sauce	Butternut Squash Ravioli w/ Kale Pesto Sauce, Green Peas	Smokey Sweet Potato & Turkey Chili, Sweet Corn
Picnic	Classic Chicken Salad, Potato Salad, Wheat Roll, Mixed Fruit	Turkey Breast Sandwich w/ Lettuce, Mayo/Mustard, Carrot Raisin Salad, Fruit Cup or Classic Tuna Salad Sandwich w/ Lettuce, Mayo/Mustard, Carrot Raisin Salad, Fruit Cup			

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	15	16	17	18	19
Bfast	Breaded Chicken Breast w/ Swiss Cheese, Honey Wheat English Muffin, Peach Sauce	Scrambled Eggs & Red Pepper Hashbrowns, Glazed Mixed Fruit	Garden Scrambled Eggs, Roasted Sweet Potatoes, Ancient Grains w/ Kale	Carrot Breakfast Bread, Chicken Sausage Links, Cheese Grits	French Toast Sticks, Strawberry Sauce, Scrambled Eggs
Lunch	Turkey Meatballs, Pineapple Fried Rice, Thai Peanut Sauce, Broccoli	Charbroiled Beef Patty, Mushroom Sauce, Swiss Cheese, White Rice, Green Beans/Wax Beans/Baby Carrots	Chicken Salad, Salad Mix, Cherry Tomatoes, Pecan Pieces, Three Bean Salad, Wheat Roll	Brunswick Stew, Creamy Classic Coleslaw	Oven-Roasted Chicken Drumstick, Roasted Potatoes, Creamy Herb Sauce, Balsamic Pearl Onions & Peas
Picnic	Classic Chicken Salad, Potato Salad, Wheat Roll, Mixed Fruit	Turkey Breast Sandwich w/ Lettuce, Mayo/Mustard, Coleslaw, Fresh Fruit or Harvest Chicken Salad Sandwich (Chicken, Cranberries, Apples, Raisins) w/ Lettuce, Mayo/Mustard, Coleslaw, Fresh Fruit			
	22	23	24	25	26
Bfast	Oven Fried Chicken & Whole Grain Waffles, Cinammon Apples	Bfast Fried Rice & Eggs, Mandarin Oranges	Honey Apricot Steel Cut Oatmeal w/ Toasted Almonds	Bfast Sandwich w/ Vegetable Egg Patties, Turkey Sausage, Cheddar Cheese, Glazed Fruit	Fried Eggs, Fire Roasted Potatoes w/ Onions/Peppers, Blueberry Bfast Crisp
Lunch	Chicken Provencal Over Asparagus Risotto, Cinnamon Spiced Peaches	Buffalo Chicken, Black Eyed Peas, Broccoli	Chicken Tenders Over Romaine Lettuce, Cherry Tomatoes, Lite Ranch Dressing, Mixed Fruit	Red Peanut Coconut Curry Chicken, Brown Rice Pilaf, Oatmeal Raisin Cookie	Breaded Baked Pollock w/ Tomato Pesto Orzo, Creamed Spinach
Picnic	Classic Chicken Salad, Pasta Salad, Fruit Cup	Turkey Breast Sandwich w/ Lettuce, Mayo/Mustard, Pasta Salad, Fresh Fruit or Classic Tuna Salad Sandwich w/ Lettuce, Mayo/Mustard, Pasta Salad, Fruit Cup			