

Lunch Menu

August 2023

Meals catered by LSS Meals



Mon **Tue** **Wed** **Thu** **Fri**

	1 Turkey w/ WG noodles Steamed Veggies Pears	2 Meatloaf Mashed Potatoes WG Bread Applesauce	3 WG Mac & Cheese Green Beans Banana	4 Pizza Fruit Veggie Yogurt
7 Salisbury Steak Green Beans Applesauce WG Bread	8 Chicken Ala King WG Brown Rice Peas and Carrots Tropical Fruit	9 Beef Taco w/ WG shell Salad/ Steamed Veggies Apples	10 Chicken Salad on WG Bun Carrots Banana	11 Pizza Fruit Veggie Yogurt
14 Chicken w/ Marinara and cheese Carrots WG Bread Stick Applesauce	15 Ground Beef Mac & Cheese Peas and Carrots Peaches	16 WG Ham Sandwich Carrots Yogurt Applesauce	17 Turkey in Gravy Mashed Potatoes Banana WG Bread	18 Pizza Fruit Veggie Yogurt
21 Hamburger on WG Bun Baked Beans Applesauce	22 WG Pasta w/ Meat Sauce Steamed Veggies Pears	23 Teriyaki Chicken WG Brown Rice Carrots Apples	24 WG Cheese Calzone Salad/ Steamed Veggies Banana	25 Pizza Fruit Veggie Yogurt
28 WG Bosco Stick Carrots Applesauce	29 Swedish Meatballs Green Beans Apple Slices WG Bread	30 Sloppy Joe on WG Bun Baked Beans Peaches	31 Ranch Chicken Mashed Potatoes Banana WG Bread Stick	

Milk served with all meals:

Whole milk for ages 12 to
23 months.

1% milk for ages 2 to 12
years.

**1 serving of
whole grain
will be served
daily**



WG = whole grain