

AUGUST 2024

MONDAY		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DAILY MEAL PATTERN				1	2
Protein = 3oz (minimum) Vegetable = 1/2c (1C leafy greens) Fruit = 1/2c (1/4c dried) Grains = 1/2c or 1oz eq (50% whole grain) Dairy = 1C				Calico Beef & Beans 8oz Mixed Vegetables 4oz Pineapple 4oz wG Cornbread Muffin w/ Margarine Milk 8oz	Greek Veggie Pasta Salad 8oz Sweet Pea & Radish Salad 4oz Apricots 4oz Crackers 2pks Milk 8oz <i>(All Cold)</i>
5	6	7	8	9	
BBQ Chicken 3oz (on) Whole Grain Bun Coleslaw 4oz Flavored Applesauce 4oz Milk 8oz	Fish (3oz) Sandwich (on) Whole Grain Bun Cheese Slice & Tarter Sauce Tomato & Zucchini Salad 4oz Ambrosia Fruit Salad 4oz Milk 8oz	Cranberry Meatballs 4oz Baked Potato w/ Margarine Peach Crisp 4oz Wheat Bread w/ Margarine Milk 8oz	Pork & Noodles 8oz Steamed Broccoli 4oz Whole Banana 1ea Whole Grain Garlic Breadstick Chef's Choice Birthday Cake Milk 8oz	Turkey Salad (4oz) on WG Sliders (2ea = 2oz meat each) Black-Eyed Pea Salad 4oz Pineapple 4oz Milk 8oz <i>(All Cold)</i>	
12	13	14	15	16	
Swiss Steak 3oz Mixed Vegetables 4oz Pears 4oz Wheat Bread w/ Margarine Milk 8oz	Breaded Chicken Patty 3oz (on) Whole Grain Bun Lettuce / Tomato / Mayo Calico Salad 4oz Apricots 4oz Milk 8oz	BBQ Pork Riblet 3oz Cream Corn 4oz Cinnamon Apples 4oz Wheat Roll w/ Margarine Milk 8oz	Cheeseburger 3oz (on) Whole Grain Bun Lettuce / Tomato / Mustard & Ketchup Baked Beans 4oz Mixed Fruit 4oz Milk 8oz	Egg Salad 4oz (on) Croissant Cauli-Brocc-Raisin Salad 4oz Pineapple 4oz Milk 8oz <i>(All Cold)</i>	
19	20	21	22	23	
Italian Chicken Breast 3oz Cream Peas & Potatoes 4oz Peaches 4oz Whole Grain Roll w/ Margarine Milk 8oz	Beef Cutlet 3oz w/ Spanish Sauce (over) Rice 4oz Easy Broccoli Salad 4oz Tropical Fruit 4oz Milk 8oz	Scalloped Potatoes & Turkey 8oz Mixed Vegetables 4oz Pineapple 4oz Whole Grain Breadstick Milk 8oz	Taco Burger (3oz) (on) Whole Grain Bun Lettuce (2oz) Cheese (1ea) Tomato (1ea) Fiesta Coleslaw 4oz Sliced Apples 4oz Milk 8oz	Shrimp Pasta Salad 8oz Garbanzo Cucumber Salad 4oz Fresh Orange 1ea Crackers 2pks Milk 8oz <i>(All Cold)</i>	
26	27	28	29	30	
Chicken Cacciatore 3oz Parslied Carrots 4oz Mixed Fruit 4oz Wheat Roll w/ Margarine Milk 8oz	BBQ Pork 3oz (on) Whole Grain Bun Red Potato Salad 4oz Apricots 4oz Milk 8oz	Goulash 8oz Green Beans 4oz Pears 4oz Whole Grain Breadstick Milk 8oz	Veg. Breakfast Cass. 8oz Country Hashbrowns 4oz Orange Juice 4oz Buttermilk Biscuit w/ Margarine Milk 8oz	Beef Hot Dog (3oz) on WG Bun Mustard & Ketchup Baked Beans 4oz Apple Crisp 4oz Potato Chips 1oz Milk 8oz	