



Dare to Care
Community
Kitchen

in partnership with
Lift a Life
NOWAK FAMILY FOUNDATION

Weekly August Menu

Plated Lunch/Supper Ages 6-18

					
	Chicken Salad 4 oz.	WG Crackers 4 each	100% Veg/Fruit Juice 4 oz.	Grapes ½ cup (FR)	Skim Milk 8 fl. oz.
	Meatballs 4 oz.	Spaghetti Noodles 2.5 oz.	Mixed Veggies ½ cup (FZ)	Baked Apples ½ cup (CN)	Skim Milk 8 fl. oz.
	Italian Sub Beef Bologna & Turkey Pepperoni 3 oz.	WG Sub 1 each	Baby Carrots w/ Ranch ½ cup (FR)	100% Veg/Fruit Juice 4 oz.	Skim Milk 8 fl. oz.
	Fried Chicken 3.2 oz.	WG Crackers 4 each	Mashed Potatoes w/ Gravy ½ cup (FR) Green Beans ½ cup (FZ)	100% Veg/Fruit Juice 4 oz.	Skim Milk 8 fl. oz.
	Turkey Sandwich 2 oz.	WG Bun 1 each	Garden Salad w/ Ranch ½ cup (FR)	Apple 1 each (FR)	Skim Milk 8 fl. oz.