Hot Meals – August 2021

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

Ages: 6-18

**Friday**

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| **2****Ravioli w/ Marinara – 3 pcs.****WG Pasta****Steamed Broccoli – ½ cup (FZ)****Clementine/Sliced Cantaloupe – 4 oz./1 each (FR)****Milk – 8 fl. Oz.** | **3****Beef Tacos – 2 oz.****WG Taco Shells – 2 each****Pinto Beans – ½ cup (CN)****Grapes/Berries – ½ cup (FR)****Skim Milk – 8 fl. Oz.** | **4****WG Turkey & Cheese Calzone – 1 ea.****Carrot Coins – ½ cup (FZ)****Nectarine/Sliced Pineapple – 4 oz./1 each (FR)****Skim Milk – 8 fl. Oz.** | **5****Chicken Tenders - 3 each****WG Roll – 1 each****Mashed Potatoes & Gravy – ½ cup (FR)****Green Beans – ½ cup (FZ)****Skim Milk – 8 fl. Oz.** | **6****BBQ Chicken Salad****Chicken – 2 oz.****WG Crackers – 1 oz.****Mixed Greens –1 cup (FR)****Banana/Sliced Watermelon – 4 oz./1 each (FR)****Skim Milk – 8 fl. Oz.**  |
| **9****Beef Lo Mein****Beef – 2 oz.****WG Lo Mein Noodles – ½ cup****Asian Blend Veggies – ½ cup (FZ)****Apple – 1 each (FR)****Skim Milk – 8 fl. Oz.** | **10****TBD** | **11****Cheeseburger – 3 oz.****WG Bun – 1 each****Tater Tots – ½ cup (FZ)****Clementine – 1 each (FR)****Skim Milk – 8 fl. Oz.** | **12****Lemon Pepper Chicken Drumstick – 1 each****WG Roll – 1 each****Mixed Veggies – ½ cup (FZ)****Grapes/Berries – ½ cup (FR)****Skim Milk – 8 fl. Oz.** | **13****Chef Salad****Turkey/Turkey Ham – 2 oz.****WG Croutons – 1 oz.****Mixed Greens – 1 cup (FR)****Nectarine – 1 each (FR)****Skim Milk – 8 fl. Oz.** |
| **16****Enchiladas – 2 each****WG Mexican Rice – ½ cup****Corn – ½ cup (FZ)****Sliced Pineapple- 4 oz./1 each (FR)****Skim Milk – 8 fl. Oz.** | **17****Chicken Alfredo****Chicken – 2 oz.****WG Pasta – 1 oz.****Steamed Broccoli – ½ cup (FZ)****Grapes/Berries – ½ cup (FR)****Skim Milk – 8 fl. Oz.** | **18****Sloppy Joes – 3 oz.****WG Bun – 1 each****Crinkle Carrots – ½ cup (FZ)****Sliced Pineapple – 4 oz./1 each (FR)****Skim Milk – 8 fl. Oz.** | **19** **Chicken Tenders - 3 each****WG Roll – 1 each****Green Beans – ½ cup (FZ)****Mashed Potatoes w/ Gravy – ½ cup (FR)****Skim Milk – 8 fl. Oz.** | **20****Asian Chicken Salad****Chicken – 2 oz.****WG Fried Noodles – 1 oz.****Mixed Greens – 1 cup (FR)****Banana – 1 each (FR)****Skim Milk – 8 fl. Oz.** |
| **23****Beef & Bean Burrito – 1 each****WG Mexican Rice – 1 oz.****Corn – ½ cup (FZ)****Apple – 1 each (FR)****Skim Milk – 8 fl. Oz.** | **24****Asian Chicken – 2 oz.****WG Rice – ½ cup****Asian Vegetable Blend – ½ cup (FZ)****Sliced Watermelon – 1 each (FR)****Skim Milk – 8 fl. Oz.** | **25****Cheeseburger – 3 oz.****WG Bun – 1 each****Tater Tots – ½ cup (FZ)****Clementine – 1 each (FR)****Skim Milk – 8 fl. Oz.** | **26****Country Fried Steak w/gravy – 2 oz.****WG Roll – 1 each****Peas & Carrots – ½ cup (FZ)****Mashed Potatoes w/ Gravy – ½ cup (FR)****Skim Milk – 8 fl. Oz.** | **27****Berry Chicken Salad****Chicken – 2 oz.****Mixed Salad –1 cup (FR)****Sliced Pineapple – 4 oz./1 each (FR)****Skim Milk – 8 fl. Oz.** |
| **30****Ravioli w/ Marinara – 3 pcs.****WG Pasta****Steamed Broccoli – ½ cup (FZ)****Sliced Cantaloupe – 4 oz./1 each (FR)****Milk – 8 fl. Oz.** | **31****Beef Tacos – 2 oz.****WG Taco Shells – 2 each****Pinto Beans – ½ cup (CN)****Grapes/Berries – ½ cup (FR)****Skim Milk – 8 fl. Oz.** | **1****Chicken Tenders - 3 each****WG Roll – 1 each****Mashed Potatoes & Gravy – ½ cup (FR)****Green Beans – ½ cup (FZ)****Skim Milk – 8 fl. Oz.** | **2****WG Turkey & Cheese Calzone – 1 ea.****Carrot Coins – ½ cup (FZ)****Sliced Pineapple – 4 oz./1 each (FR)****Skim Milk – 8 fl. Oz.** | **3****BBQ Chicken Salad****Chicken – 2 oz.****WG Crackers – 1 oz.****Mixed Greens – ½ cup (FR)****Sliced Watermelon – 4 oz./1 each (FR)****Skim Milk – 8 fl. Oz.**  |