August 2009 Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
	11	12 Chicken Popper Basket	13 Turkey w Gravy and Rice Glazed Carrots Crisp Green Salad French Bread Jell-O	14 Hot Dog w/ wo Chili
17 Popcorn Chicken Cheesy Broccoli Crisp Garden Salad Sesame Seeded Bread Pudding w Sprinkles	18 Beef Tacos Mexican Rice Lettuce/Tomato cup Seasoned Corn Cinnamon Stick	19 Meatballs in Red Gravy Spaghetti Tossed Salad Chilled Pears Garlic French Bread Sugar Cookie	20 Chicken Strips Mashed Potatoes Green Beans Biscuit	21 Fish Strips Macaroni and Cheese Green Peas Mixed Fruit Wheat Roll
24 Hamburger	25 Chicken Taco Lettuce Tomato Cup Seasoned Corn Cinnamon Roll	26 Spaghetti w Meatsauce Italian Salad Chilled Tropical Fruit Garlic Roll Birthday Lunch	27 BBQ Chicken Baked Beans Potatoes in Cheese Sauce Fresh Fruit French Bread Jell-O	28 Pizza Ceasar Salad Tropical Fruit Sugar Cookie
31 Red/White Beans Fluffy Rice Tossed Salad Chilled Pears Cornbread or Roll	School lunches must meet recommendations of the Dietary Guideline for Americans. *No more than 30% of calories from fat and less than 10% from saturated fat averaged weekly. *Lunches contain 1/3 of the RDI of Protein, Vitamin A, Vitamin C, Iron, and Calcium. **Check Out Our Website At: www.schoolcafe.org**			

Note: Menus are subject to change without notice.

Schools with one serving line can have a sandwich entrée only once a week, however it cannot replace a commodity meal. Sandwiches are served with 2 fruit/vegetables and milk. Choice of milk is offered daily. Breakfast also offers cereal. ****Breakfast served in participating schools. For more information, please contact your principal.**