


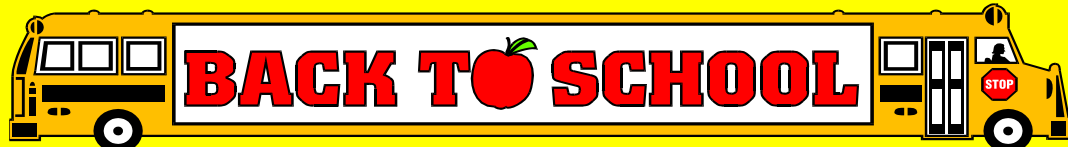


# August 2010 Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
				
			12	13
			Half Day of School No Lunch	Breaded Pork Chop Potatoes in Cheese Sauce Chilled Mandarin Oranges Garlic Roll Fudge Brownie
16	17	18	19	20
Chicken Smackers Mashed Potatoes Broccoli & Cheddar Garden Salad Italian Bread	Beef and Bean Burrito w/wo Cheese Sauce Lettuce/Tomato cup Chilled Strawberries Cinnamon Roll	Italian Meatsauce Pasta Crisp Italian Salad Chilled Pears Italian Bread	Turkey Stew Fluffy Rice Cauliflower in Cheese Sauce Crisp Caesar Salad Garlic French Bread Rice Krispie Treat	Breaded Beef Strips Mashed Potatoes with Gravy Seasoned Corn Wheat Roll Yellow Banana Cake
23	24	25	26	27
Red/White Beans & Sausage Fluffy Rice Steamed Broccoli Chilled Applesauce Cornbread	Crispy Pork Taco Mozzarella & American Cheese Lettuce Tomato Cup Chilled Peaches Honey Bun	Spaghetti & Meatballs Italian Red Gravy Crisp Garden Salad Chilled Mixed Fruit Garlic Roll	Hamburger on Bun w/wo Cheese Lettuce/Tomato/Pickle Cup French Fries Almond Cookie	Fish Strips Macaroni & Cheese Green Beans Pineapple w Cherries French Bread
30	31	<p>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.</p> 		
Chicken Strips Mashed Potatoes w/ Gravy Chilled Tropical Fruit Cheese Bread	Crispy Beef Taco Mozzarella & American Cheese Shredded Lettuce and Tomato Seasoned Corn Cinnamon Stick			

Check Out Our Website At: [www.schoolcafe.org](http://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.