

# AUGUST LUNCH 2020

## Table of Measurements

MONDAY	TUESDAY	WEDNESDAY-	THURSDAY	FRIDAY
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- Breakfast:**

*-milk, juice, fruit, vegetable grain, bread*

- Lunch**

*Milk, fluid, meat, 1st fruit/vegetable, 2nd fruit/vegetable, grain, bread*

- P.M Snack**

*Milk, fluid, meat/meat alternate, grain, bread, juice, vegetable, fruit, bread*

- Key:**

Bread— 2 slices

Veggies/fruit—1/2 cup

Protein—3 oz.

Entrée, Casserole, and or soup—1 cup

Skim or Fat Free Milk/fluid— 8 oz.

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3. Grilled Chicken Strips 240c, Mashed potatoes 150c, Glazed carrots 75c, Fresh Watermelon 60c, Wheat bread 59c milk 122c	4. Roast Turkey w/gravy 250c Stuffing 140c Mixed veggies 65c, green bean salad 75c, chocolate chip cookies 65c Milk 122c	5. Frito taco salad w/ taco meat, Fritos. Lettuce, tomato, onion, pinto beans cheese 360c, cottage cheese 50c, peaches 60c, wheat bread 59c Milk 122c	6. Turkey and swiss cheese on a tortilla wrap w/ lettuce, tomato., sugar snap peas, 240c, Bow tie pasta 140c, blueberry cobbler 75c, milk 122c	7. Hawaiian foil pack w/ chicken breasts, baby potatoes, green pepper, pineapple and bbq sauce, 320c, fiesta corn 75c, marinated cucumber and onion 65c, dinner roll 59c, milk 122c
Calories 706	Calories 714	Calories 651	Calories 577c	Calories 641
10 Greens and things Salad—baby greens, cucumber, tomato, shredded carrots, dried cranberries, grilled chicken, feta cheese w/ ranch dressing 360c, dinner roll 59c, cottage cheese 60c, fruit pudding parfait, 70c milk 122c	11 foil pack with sausage, onion, green beans, potatoes 300c, deviled eggs (2) 80c, summer slaw 70c, wheat bread 59c, mixed fruit 60c, milk 122c	12. Grilled bbq pork steak 280c, scalloped potatoes 150c, buttered corn 65c, wheat bread 59c milk 122c	13 Ham salad on wheat 280c, pasta salad w/veggies 140c, tater tot casserole 150c, fresh banana 60c, milk 122c	14 Meatloaf 240c, Mashed potatoes 150c, green beans w/onion and bacon 75c, wheat bread 59c, pineapple upside down cake 95c, Milk 122c
Calories 671	Calories 691	Calories 676	Calories 752	Calories 741
17 Oven roasted Seasoned pork loin 260c, potato casserole 150c, mixed veggies 65c, wheat bread 59c, pumpkin pie w/ dollop of crème 95c, milk 122c	18 Fruit and Salad plate w/ tuna salad on a bed of lettuce, mandarin oranges, pineapples, grapes, 340c, cottage cheese 50c, sliced French bread 59c, milk 122c	19 Grilled Hamburger on bun, mustard, ketchup , salad plate – lettuce, tomato onion, 260c, bean salad 110c, mac and cheese 140c, milk 122c	20 Seasoned grilled chicken strips 280c, mashed potatoes 150c, creamed peas 85c, wheat bread 59c, mandarin oranges mousse 75c milk 122c	21 Grilled hot dog w/ mustard . Relish , ketchup 175c, homestyle potato salad 150c, baked beans 90c, chocolate chip cookie 45c milk 122c
Calories 751	Calories 571	Calories 632	Calories : 771	Calories: 582
24Pork Loin w/gravy 280c, mashed potatoes 150c peas and carrots 75c, multi grain bread 59c, milk 122c	25 Tuna salad on wheat bread 240c, side salad w/ lettuce cucumber tomato w/ ranch dressing 140c, fresh banana 60c milk 122c	26. warm roast beef and cheddar on bun w/ mushrooms and onions 280c, scalloped potatoes 150c, cottage cheese 50c, pineapple mousse 110c, milk 122c	27. Grilled polish sausage w/peppers and onions on a bun 220c, fresh sliced tomatoes 60c, oven steak fries w/catsup 150c, tropical fruit salad 75c, milk 122c	28. Fish foil packs w/ carrots, broccoli and cauliflower 220c, creamy coleslaw 75c, deviled eggs 60c, wheat bread 59c milk 122
Calories: 686	Calories 562	Calories: 712	Calories 627	Calories 536
31. Chef salad w/ turkey, ham, egg, cheese, tomato, cucumber and onion w/salad crackers and ranch dressing 340c cottage cheese 50c, fresh fruit salad 75c, milk 122c				
Calories 587				