

AUGUST 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16 Yogurt parfait Ham and cheese croissant, green salad, carrot sticks, fresh fruit, goldfish	17 Hash browns, sausage, cereal, fresh fruit Popcorn chicken bowl, garlic bread, fresh fruit	18 Mcmuffin sandwich, fresh fruit Cheese pizza, carrot sticks, fresh fruit, cookie	19
20	21 Muffin, string cheese, fresh fruit Carnitas torta, chips and salsa, fresh fruit	22 Cinnamon roll, fresh fruit, sausage Tamales, refried beans, peppers, fresh fruit	23 Benefit bar, yogurt, fresh fruit Chicken parmesan sandwich, Caesar salad, carrot sticks, fresh fruit	24 Breakfast burrito, salsa, fresh fruit BBQ chicken, macaroni salad, corn on the cob, fruit	25 Breakfast pizza, fresh fruit Pizza pocket, carrot sticks, cookie, fresh fruit	26
27	28 Pumpkin bread, string cheese, fresh fruit Cheeseburger, curly fries, lettuce, tomato, fruit	29 Pancake, sausage, fruit Chicken fajitas, black bean salad, fruit	30 Yogurt parfait Grilled cheese, tomato soup, green salad, fruit	31 Country potatoes, sausage, fruit, cereal Chicken drumstick, mashed potatoes, gravy, green salad, biscuit, fruit	1 Bagel sandwich, fruit Pepperoni pizza, cookie, carrot sticks, fruit	2

SEPTEMBER 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1	2
3	4 Labor Day	5 French toast, sausage, fruit Beef enchiladas, refried beans, peppers, fruit	6 Benefit bar, yogurt, fruit Philly cheesesteak, Caesar salad. Fruit, carrot sticks	7 Breakfast burrito, fruit Baked potato soup, garlic bread, carrot sticks, fruit	8 Breakfast calzone, fruit Pizza quesadilla, cookie, carrot sticks, fruit	9
10	11 Banana bread, string cheese, fruit Bbq pulled pork sandwich, sweet potato tots, coleslaw, fruit	12 Waffle, sausage, fruit Beef quesadilla, black bean salad, fruit	13 Yogurt parfait Ham and cheese croissant, broccoli salad, goldfish, fruit, carrot sticks	14 Hash browns, sausage, fruit, cereal Popcorn chicken bowl, mashed potatoes, corn, garlic bread, fruit	15 Cooks choice	16
17	18 Muffin, string cheese, fruit Carnitas torta, lettuce, tomato, chips, salsa, fruit	19 Cinnamon roll, fruit, sausage Tamales, refried beans, peppers, fruit	20 Benefit bar, yogurt, fruit Chicken parmesan sandwich, Caesar salad, carrot sticks, fruit	21 Breakfast burrito, fruit Bbq chicken, macaroni salad, corn on the cob, fruit	22 Breakfast pizza, fruit Pizza pocket, cookie, carrot sticks, fruit	23
24	25 Pumpkin bread, string cheese, fruit Cheeseburger, curly fries, lettuce, tomato, fruit	26 Pancake, sausage, fruit Chicken fajitas, black bean salad, fruit	27 Yogurt parfait Grilled cheese, green salad, fruit, tomato soup	28 Country potatoes, sausage, fruit, cereal Chicken drumstick, mashed potatoes, gravy, biscuit, green salad, fruit	29 Bagel sandwich, fruit Pepperoni pizza, cookie, carrot sticks, fruit	30