

# August

2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
<p>KEY:</p> <p>VEGETABLE</p> <p>FRUIT</p> <p>DAIRY</p> <p>(OG)- orange green vegetable</p> <p>(DG)- dark green vegetable</p> <p>(L)- legume</p> <p>*- Vitamin C</p> <p>!- Vitamin A</p>		<p>Beef Stew</p> <p>Brown Rice</p> <p>Mixed Vegetables</p> <p>Spinach Salad</p> <p>Roll</p> <p>Applesauce *!</p> <p>Applesauce *!</p> <p>2% Milk</p>		<p>Salaberry Steak</p> <p>Mashed Potatoes</p> <p>Mixed Vegetables</p> <p>Peaches</p> <p>Roll</p> <p>Cookie</p> <p>SF Cookie</p> <p>2% Milk</p>		
7	8	9	10	11	12	13
<p>Entrée:</p> <p>Starch:</p> <p>Veg/ Fruit</p> <p>Bread:</p> <p>Dessert:</p> <p>S/F Dessert:</p> <p>Milk</p>		<p>Sloppy Joe</p> <p>Baked Beans</p> <p>Green Beans</p> <p>Coleslaw</p> <p>Hamburger Bun</p> <p>Apricots!</p> <p>Apricots!</p> <p>2% Milk</p>		<p>Stuffed Cabbage</p> <p>Rice Pilaf</p> <p>Green Beans</p> <p>Roll</p> <p>Tropical Fruit *!</p> <p>Tropical Fruit *!</p> <p>2% Milk</p>		

<p>Entrée: 14</p> <p>Starch:</p> <p>Veg/ Fruit</p> <p>Bread:</p> <p>Dessert:</p> <p>S/F Dessert:</p> <p>Milk</p>	<p>15</p>	<p>16</p> <p>Chicken Parmesan</p> <p><b>Roasted Potato</b></p> <p><b>Capri vegetable!</b></p> <p>Cantaloupe</p> <p>Roll</p> <p>Cookie</p> <p>SF Cookie</p> <p>2% Milk</p>	<p>17</p>	<p>18</p> <p>Sweet and Sour Pork</p> <p>Brown Rice</p> <p><b>Stir fry Vegetables*</b></p> <p><b>Side Salad (DG)</b></p> <p>Roll</p> <p>Tropical Fruit *!</p> <p>Tropical Fruit *!</p> <p>2% Milk</p>	<p>19</p>	<p>20</p>
<p>Entrée: 21</p> <p>Starch:</p> <p>Veg/ Fruit</p> <p>Bread:</p> <p>Dessert:</p> <p>S/F Dessert:</p> <p>Milk</p>	<p>22</p>	<p>23</p> <p>Oriental Chicken <b>Salad</b></p> <p><b>(1 cup) (DG)</b></p> <p>Pineapple!</p> <p>Roll</p> <p>Cake</p> <p>SF Cookie</p> <p>2% Milk</p> <p>COLD MEAL</p>	<p>24</p>	<p>25</p> <p>Pulled Pork</p> <p><b>Roasted Sweet Potato</b></p> <p><b>Mixed Vegetables*!</b></p> <p><b>Coleslaw*</b></p> <p>Buttermilk Biscuit</p> <p>Peaches</p> <p>Peaches</p> <p>2% Milk</p>	<p>26</p>	<p>27</p>
<p>Entrée: 28</p> <p>Starch:</p> <p>Veg/ Fruit</p> <p>Bread:</p> <p>Dessert:</p> <p>S/F Dessert:</p> <p>Milk</p>	<p>29</p>	<p>30</p> <p>Polynesian Pork with Mango Salsa</p> <p>Cilantro Rice</p> <p><b>Corn</b></p> <p><b>Pea Salad L</b></p> <p>Tortilla</p> <p>Tropical Fruit *!</p> <p>Tropical Fruit *!</p> <p>2% Milk</p>	<p>31</p>	<p>Chicken Caprese</p> <p><b>Mashed Potatoes</b></p> <p><b>Green Beans</b></p> <p>Apricots!</p> <p>Roll</p> <p>Cake</p> <p>SF Cookie</p> <p>2% Milk</p>		