

Type School Name Here

**MCFI**

**K-8 Hot Lunch**



**August  
2022**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> WG Queso Cheese Pull Apart Taco Sauce Fiesta Beans Seasonal Fruit Choice of Milk	<b>2</b> Grilled BBQ Chicken Breast on WG Bun Summer Squash Chips with Ranch Seasonal Fruit Choice of Milk	<b>3</b> Turkey Hot Dog on WG Bun Ketchup Fresh Carrot Coins Seasonal Fruit Choice of Milk	<b>4</b> WG Cheese Ravioli with Shredded Mozzarella Cheese WG Breadstick Fresh Salad Greens with Italian Dressing Seasonal Fruit Choice of Milk	<b>5</b> Egg Patty & Chicken Sausage with Cheese Breakfast Sandwich on WG Buttermilk Biscuit Grape Jelly Roasted Russet Potatoes Ketchup Packet Seasonal Fruit Choice of Milk
<b>8</b> Roasted Chicken Leg Baked Cornbread with Honey Mashed Potatoes Seasonal Fruit Choice of Milk	<b>9</b> Beef Nachos with WG Tortilla Chips, Shredded Cheese and Taco Sauce Ranchero Beans Seasonal Fruit Choice of Milk	<b>10</b> Orange Chicken over Brown Rice Kale Salad Seasonal Fruit Choice of Milk	<b>11</b> Build Your Own Deli Sub All-Natural Deli Turkey and Cheese on WG Bun Mayo Packet Fresh Cucumbers with Ranch Seasonal Fruit Choice of Milk	<b>12</b> Chicken Smackers (10) with BBQ Packet WG Biscuit Red Pepper Strips with Ranch Seasonal Fruit Choice of Milk
<b>15</b> Non-WG Mac and Cheese WG Pretzel Breadstick Baby Carrots and Grape Tomatoes Seasonal Fruit Choice of Milk	<b>16</b> Cheeseburger on WG Bun Ketchup Packet Vegetarian Baked Beans Seasonal Fruit Choice of Milk	<b>17</b> Breaded Chicken Bites with BBQ Sauce WG Waffles with Syrup Cup Sunset Sip Juice Seasonal Fruit Choice of Milk	<b>18</b> Homemade Meatloaf WG Dinner Roll with Margarine Mashed Potatoes Seasonal Fruit Choice of Milk	<b>19</b> WG Cheese Pizza Sticks (2) with Marinara Dipping Sauce (1/4 cup) Fresh Salad Greens (1 cup) with Italian Dressing Seasonal Fruit Choice of Milk
<b>22</b> WG Beef and Cheese Burrito Taco Sauce Fiesta Beans Seasonal Fruit Choice of Milk	<b>23</b> Grilled BBQ Chicken Breast on WG Bun Creamy Coleslaw Seasonal Fruit Choice of Milk	<b>24</b> WG Queso Cheese Pull Apart Taco Sauce Baby Carrots with Ranch Seasonal Fruit Choice of Milk	<b>25</b> Turkey Meatballs in Marinara Sauce over Non-WG Pasta WG Breadstick Fresh Salad Greens with Italian Dressing Seasonal Fruit Choice of Milk	<b>26</b> Chicken Smackers (10) with BBQ Packet WG Dinner Roll Mashed Potatoes Seasonal Fruit Choice of Milk
<b>29</b> Roasted BBQ Chicken Leg Baked Cornbread with Honey Sweet Green Peas Seasonal Fruit Choice of Milk	<b>30</b> Beef Tacos with Shredded Cheese on WG Tortilla with Taco Sauce Seasoned Beans Seasonal Fruit Choice of Milk	<b>31</b> Teriyaki Chicken over Brown Rice Romaine Lettuce Salad with Dressing Seasonal Fruit Choice of Milk	<b>MILK FOR SCHOOL:</b> SKIM WHITE LOW FAT WHITE SKIM CHOCOLATE  MENU SUBJECT TO CHANGE	



**August Nutrition Tip: August 3<sup>rd</sup> National Watermelon Day**

Watermelon is rich in vitamin C. Just 1 cup of watermelon provides about 20 percent of our daily vitamin C needs. Vitamin C may reduce the risk of arteriosclerosis, cardiovascular disease and some cancers.

