

August 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Sunbutter & jelly sandwiches, cucumbers, grapes; EF, DF, VG; J.J.	2 Margarita pizza on pita, melon; EF, VG; Leo	3 Chicken tacos w/ cheese, lettuce & guacamole, strawberries; EF, DF; Otto	4 Meatloaf "muffins", mashed potatoes, apples; DF; Oliver	5 Arugula, feta, & watermelon salad, dinner rolls; EF, VG; Weston	6
7	8 Yogurt, granola, & berry parfaits, steamed broccoli; EF, VG; Willow	9 Hungarian Goulash, dinner rolls, plums; EF, DF; Asher	10 Egg salad, peas, crackers, apples; VG; Abel	11 Baked fish & chips w/ tartar sauce, coleslaw, bananas; EF, DF; August	12 Mississippi pot roast sandwiches, veggie chips, oranges; EF; Briar	13
14	15 Teriyaki meatballs over rice, snap peas, oranges; EF, DF; Chase	16 Bean burgers w/ lettuce & pickles, zucchini fries, strawberries; VG, DF, EF; Coral	17 Baked garlic gnocchi, zucchini, and tomatoes, garlic bread, grapes; DF, EF, VG; Ezra	18 Garden salad w/ ranch dressing, hard boiled eggs, sourdough bread, apples; EF, DF, VG; Charlie	19 Fiesta lime baked chicken, rice & beans, clementines; EF, DF; Eiley	20
21	22 Popcorn shrimp w/ cocktail sauce, baby carrots, melon; EF, DF; Fox	23 Hummus, veggies, sliced cheese, crackers, apples; EF, DF, VG; Hartley	24 Pepperoni & mushroom pizza rolls, steamed broccoli, bananas; EF; Jack	25 Indian spinach curry over rice, naan bread, oranges; EF, DF, VG; Avis	26 Blueberry waffles, egg, bell pepper & cheese scramble; VG; Mia	27
28	29 Spaghetti & meatballs, garlic bread, steamed broccoli, apples; EF, DF; J.J.	30 Crab cakes & arugula salad w/ dijon dressing, clementines; Leo	31 Chicken noodle soup, crackers, strawberries; DF; Otto	1 Veggie muffins, turkey bacon, nectarines; DF; Oliver	2 NO SCHOOL	3
4	5 NO SCHOOL	Notes: EF: Egg free, or egg free option VG: Vegetarian, or vegetarian option DF: Dairy free, or dairy free option				

