

August 2022 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: right;">1</p> <p>Closed for the Civic Holiday</p>	<p>Blueberry Muffins 2 Blueberries</p> <p>French Toast, Strawberries, Roasted Sweet Potatoes, Milk</p> <p>Banana/Pea butter wraps</p>	<p>Cheerios, Milk 3 Oranges</p> <p>Beef/Veggie Quesadillas, Peppers, Sour Cream, Salsa, Caesar Salad, Milk, Pears & graham wafers</p>	<p>Raisin Toast, 4 Peaches</p> <p>Veggie/Cheddar Quiche, Broccoli Salad, milk</p> <p>Oatmeal Cookies, Applesauce</p>	<p>English Muffins, Cream 5 Cheese, Watermelon</p> <p>Spaghetti & Meat Sauce, tossed Salad, Milk</p> <p>Plums & Breadsticks</p>
<p>Cornflakes, Oranges 8 Milk</p> <p>Chicken, Potatoes, Peas, Raw gr. Beans, Milk</p> <p>Frozen Yogurt tubes, graham wafers</p>	<p>Bagels, Apples 9</p> <p>Lasagna, Salad, Buns, Milk</p> <p>Fruit Fiesta & Trail mix</p>	<p>Plums, Yogurt 10</p> <p>Cob Salad with chicken & avocado, Deluxe Pizza, Milk</p> <p>Pita, Cream Cheese & Cucumber</p>	<p>Applesauce, Granola 11</p> <p>Salmon Nuggets, Rice, Roasted Carrots, pepper slices, Milk</p> <p>Cheese, Crackers & Peaches</p>	<p>Rice Crispies, Milk 12 Bananas</p> <p>Chicken/Veggie Fajitas, Rice Pilaf, Cucumber Milk</p> <p>Oranges, Pumpkin Bread</p>
<p>Plums & yogurt 15</p> <p>Chili, Garlic Bread, Raw Peppers, Milk</p> <p>Frozen Berries, Graham Wafers</p>	<p>Melba Toast & 16 Cream Cheese, Oranges</p> <p>Chicken/Veggie Quesadillas, Salsa, Caesar Salad, Milk</p> <p>Crackers, Humus & Veggies</p>	<p>Pears, Trail mix 17</p> <p>Meatballs, Veggie/Pasta Parmesan, Cucumber, Milk</p> <p>Melon & Cocoa Zucchini Bread</p>	<p>Cheerios, Milk 18 Berries</p> <p>Chicken, Potato Wedges, Green Beans, Corn on the cob, Milk</p> <p>Nectarines & Graham Wafers</p>	<p>Raisin Toast, Apples 19</p> <p>Broccoli & Cheese Quiche, Rice & peppers, Milk</p> <p>Banana & pea butter wraps</p>
<p>English Muffins, 22 Cream Cheese,</p> <p>Taco Bake, Bean Salad, Milk</p> <p>Apples & Oatmeal cookies</p>	<p>Granola, Yogurt 23</p> <p>Chicken, Veggie Fried Rice, raw cauliflower, Milk</p> <p>Triscuits, Cheese & Pears</p>	<p>Rice Crispies, Milk 24 Oranges</p> <p>Sandwiches, peppers, Tomato/Macaroni Soup, Milk</p> <p>Cheese, Crackers & veggies</p>	<p>Toasted Bagels & 25 Cream Cheese, Pears</p> <p>Salmon Nuggets, Rice, Peas, Cucumber, Milk</p> <p>Pita, Humus & Cucumber</p>	<p>Melba Toast, Cream 26 Cheese, apple</p> <p>Mini Deluxe Pizza, Veggie/pasta Salad, Milk</p> <p>Peaches & Trail Mix</p>
<p>Cheerios, Milk, Pears 29</p> <p>Chicken/Veggie/Cheese Wraps, Macaroni/Tuna Salad, Milk</p> <p>Watermelon, Graham Wafers</p>	<p>Raisin Toast Plums 30</p> <p>Spaghetti & Meat Sauce, Caesar Salad, Milk</p> <p>Cantaloupe, Pumpkin bread</p>	<p>Eggs, English 31 Muffins</p> <p>Chicken/Veggie Quesadillas, Salsa, Sour Cream, Milk, Broccoli/Cauliflower Salad</p> <p>Frozen Yogurt Tubes, Apple Chunks</p>	<p>Mini Wheat, Milk 1 Apples</p> <p>Cheese Burges, Potato Wedges, Tomato Slices & Lettuce, Milk</p> <p>Oranges, Melba Toast & Pea butter</p>	<p>Applesauce, Granola 2</p> <p>Chicken/Veggie Fajitas, Rice Pilaf, corn on the cob Milk</p> <p>Veggies, dip, crackers</p>