

August 2021
Mid-Atlantic Region Menu - 5 Day Lunch

GENUINE

GOOD FOOD DOES GOOD

LUNCH				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>Teriyaki Chicken with Broccoli, Carrots, Onions Brown Rice (K-8: 1/2 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk</p>	<p>3</p> <p>Roast Beef Sandwich Bean Salad Assorted Fruit Skim/1% Milk</p>	<p>4</p> <p>Spaghetti with Meat Sauce Roasted Zucchini (All: 1/2 cup)  Local Peach Skim/1% Milk</p>	<p>5</p> <p>BBQ Chicken on a Roll Potato Salad (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk</p>	<p>6</p> <p>Pizza Seasoned Carrots (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk</p>
<p>9</p> <p>Whole Grain Chicken Nuggets Dinner Roll (9-12 only) Carrots (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk</p>	<p>10</p> <p>Cheesy Pasta Salad with Cheese & Vegetable Assorted Fruit Skim/1% Milk</p>	<p>11</p> <p>Turkey Hot Dog Tater Tots (K-8: 3/4 cup; 9-12: 1 cup)  Local Peach Skim/1% Milk</p>	<p>12</p> <p>Chef Salad with Turkey, Hardboiled Eggs, Croutons Dinner Roll (9-12 ONLY) Assorted Fruit Skim/1% Milk</p>	<p>13</p> <p>Chicken Ranch Wrap Cucumber Coins (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk</p>
<p>16</p> <p>Teriyaki Chicken with Broccoli, Carrots, Onions Brown Rice (K-8: 1/2 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk</p>	<p>17</p> <p>Roast Beef Sandwich Bean Salad Assorted Fruit Skim/1% Milk</p>	<p>18</p> <p>Spaghetti with Meat Sauce Roasted Zucchini (All: 1/2 cup)  Local Peach Skim/1% Milk</p>	<p>19</p> <p>BBQ Chicken on a Roll Potato Salad (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk</p>	<p>20</p> <p>Pizza Seasoned Carrots (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk</p>
<p>23</p> <p>Whole Grain Chicken Nuggets Dinner Roll (9-12 only) Carrots (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk</p>	<p>24</p> <p>Cheesy Pasta Salad with Cheese & Vegetable Assorted Fruit Skim/1% Milk</p>	<p>25</p> <p>Turkey Hot Dog Tater Tots (K-8: 3/4 cup; 9-12: 1 cup)  Local Peach Skim/1% Milk</p>	<p>26</p> <p>Chef Salad with Turkey, Hardboiled Eggs, Croutons Dinner Roll (9-12 ONLY) Assorted Fruit Skim/1% Milk</p>	<p>27</p> <p>Chicken Ranch Wrap Cucumber Coins (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk</p>
<p>30</p> <p>Taco Bowl Black Bean Salad (All: 1/2 cup) Brown Rice (K-8: 1/2 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk</p>	<p>31</p> <p>Beef Hamburger Roasted Potatoes (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk</p>	<p>1</p> <p>Pizza Lemony Broccoli (K-8: 3/4 cup; 9-12: 1 cup)  Local Peach Skim/1% Milk</p>	<p>2</p> <p>Turkey Baked Ziti Roasted Zucchini (All: 1/2 cup) Assorted Fruit Skim/1% Milk</p>	<p>3</p> <p>Whole Grain Chicken Nuggets Dinner Roll (9-12 only) Carrots (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk</p>

 Ingredients Sourced from a Local Farm

This institution is an equal opportunity provider.

NOTE: Menu subject to change