

LUNCH AT HAND
NSLP School Age Lunch
August 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
18 Oriental Beef Oriental Beef, 3.5 oz (5 ea) Broccoli, 1/4 C Diced Carrots, 1/2 C Rice, 1/2 C Fresh Fruit, 1/2 C	19 WG French Toast Stix French Toast, 1.8 oz (2 ea) Turkey Bacon, 1.54 oz (5 ea) Tater Tots, 3/4 C Fresh Fruit, 1/2 C Syrup, 1 ea	20 WG Sausage Pizza WG Sausage Pizza, 4.5 oz (1 ea) Fresh Carrots, 1/2 C Fresh Fruit, 1/2 C Nacho Crackers, .9 oz (1 ea)	21 Walking Taco Beef Chili, 3 oz Shredded Cheese, 1 oz Frito Corn Chips, .75 oz Corn, 1/2 C Fresh Fruit, 1/2 C	22 Cheese Ravioli Cheese Ravioli, 4 oz Meatballs, 2 oz (4 ea) Spaghetti Sauce, 3 oz Broccoli Cuts, 3/4 C Applesauce Cup, 1/2 C WG Bread & Margarine, 1 ea
25 BBQ Chicken Chunks BBQ Chicken, 3.1 oz (5 ea) Mashed Potato & Gravy, 3/4 C Fresh Fruit, 1/2 C WG Bread & Marg, 1 ea	26 Chicken Alfredo Diced Chicken, 3 oz Pasta, 2 oz Alfredo Sauce, 2 oz Broccoli Cuts, 3/4 C Pineapple Tidbits, 1/2 C WG Bread & Margarine, 1 ea	27 WG Stuffed Crust Pizza WG SC Cheese Pizza, 5.75 oz Carrot Sticks, 1/4 C Tossed Salad, 1 C Fresh Fruit, 1/2 C Ranch Packet, 2 ea	28 Hot Dog Hot Dog, 2 oz Hot Dog Bun, 1.9 oz Baked Beans, 1/2 C Corn, 1/4 C Mandarin Oranges, 1/2 C Ketchup, 1 ea	29 WG Chicken Rings WG Chicken Rings, 5 ea Peas n Carrots, 3/4 C Fresh Fruit, 1/2 C Ranch Crackers, .9 oz