



AUGUST 2022 BREAKFAST & LUNCH MENU



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

8

9

10

11

12

15

Breakfast: apple sauce & oat bar
Lunch: plant based spaghetti (side salad)

Breakfast: GF breakfast bar
Lunch: GF sunbutter & jelly

16

Breakfast: cereal & fruit
Lunch: asian chicken salad

Breakfast: sunbutter & apple
Lunch: GF bagel & hummus

17

Breakfast: granola bar & fruit
Lunch: pita chicken gyro (cucumber salad)

Breakfast: GF cereal & soy milk
Lunch: GF taco salad

18

Breakfast: oat bar & fruit
Lunch: bean, cheese, & rice burrito (corn)

Breakfast: GF breakfast bar
Lunch: GF pasta

19

Breakfast: muffin & fruit
Lunch: cheeseburger & fries

Breakfast: GF breakfast bar
Lunch: GF tu-no sandwich

22

Breakfast: apple sauce & oat bar
Lunch: plant based broccoli mac & cheese

Breakfast: GF breakfast bar
Lunch: GF sunbutter & jelly

23

Breakfast: benefit bar & juice
Lunch: chicken & broccoli alfredo

Breakfast: sunbutter & apple
Lunch: GF bagel & hummus

24

Breakfast: cereal & fruit
Lunch: chicken & veggie fried rice

Breakfast: GF cereal & soy milk
Lunch: GF taco salad

25

Breakfast: granola bar & fruit
Lunch: spaghetti w/ meat sauce (side salad)

Breakfast: granola bar & fruit
Lunch: GF bean & rice burrito

26

Breakfast: muffin & fruit
Lunch: chicken sandwich & fries

Breakfast: GF breakfast bar
Lunch: GF tu-no sandwich

29

Breakfast: apple sauce & oat bar
Lunch: plant based pita pizza (carrots & ranch)

Breakfast: GF breakfast bar
Lunch: GF sunbutter & jelly

30

Breakfast: oat bar & fruit
Lunch: chicken fingers & fries

Breakfast: GF breakfast bar
Lunch: GF sunbutter & jelly

31

Breakfast: cereal & fruit
Lunch: pita chicken gyro (cucumber salad)

Breakfast: GF cereal & soy milk
Lunch: GF taco salad

