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)	16Breakfast: cereal & fruit Lunch: asian chicken saladBreakfast: graham cracker, sunbutter & apple Lunch: GF bagel & hummus	17 Breakfast: Breakfast: GF granola bar & fruitcereal & soy milk Lunch: pita Lunch: GF taco chicken gyro salad (cucumber salad)	18 Breakfast: oat bar & fruitLunch: bean, cheese, & rice burrito (corn)w/ marinara sauce	19 Breakfast: muffin Breakfast: GF & fruit breakfast bar Lunch: Lunch: GF tu-no cheeseburger & sandwich fries
22 Breakfast: apple Breakfast: GF sauce & oat bar Lunch: plant based broccoli mac & cheese	23 Breakfast: Breakfast: benefit bar & graham cracker, juice Lunch: chicken & Lunch: GF bagel broccoli alfredo	24 Breakfast: Breakfast: GF cereal & fruit Lunch: chicken & Lunch: GF taco veggie fried rice salad	25 Breakfast: Breakfast: granola bar & fruitgranola bar & Lunch: spaghetti fruit w/ meat sauce (side salad) & rice burrito	26 Breakfast: muffin Breakfast: GF & fruit breakfast bar Lunch: chicken Lunch: GF tu-no sandwich & fries sandwich
29 Breakfast: apple Breakfast: GF sauce & oat bar Lunch: plant based pita pizza (carrots & ranch)	30 Breakfast: oat bar & fruit Lunch: chicken fingers & fries Breakfast: GF breakfast bar Lunch: GF bagel & hummus	31 Breakfast: cereal & fruit Lunch: pita chicken gyro (cucumber salad) Breakfast: GF cereal & soy milk Lunch: GF taco salad		