



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)

16
Breakfast: cereal & fruit
Lunch: asian chicken salad

17
Breakfast: granola bar & fruit
Lunch: pita chicken gyro (cucumber salad)

18
Breakfast: oat bar & fruit
Lunch: bean, cheese, & rice burrito (corn)

19
Breakfast: muffin & fruit
Lunch: cheeseburger & fries

22
Breakfast: apple sauce & oat bar
Lunch: plant based broccoli mac & cheese

23
Breakfast: benefit bar & juice
Lunch: chicken & broccoli alfredo

24
Breakfast: cereal & fruit
Lunch: chicken & veggie fried rice

25
Breakfast: granola bar & fruit
Lunch: spaghetti w/ meat sauce (side salad)

26
Breakfast: muffin & fruit
Lunch: chicken sandwich & fries

29
Breakfast: apple sauce & oat bar
Lunch: plant based pita pizza (carrots & ranch)

30
Breakfast: oat bar & fruit
Lunch: chicken fingers & fries

31
Breakfast: cereal & fruit
Lunch: pita chicken gyro (cucumber salad)