

# St. Bernadette of Amelia

## August and Sept 2017

Hot/Cold Meal: \$3.25 (entrée, two sides); Extra Entrée \$1.75, Side Items: \$1.00; Beverage: \$.50

USDA Daily Requirements K thru 8: protein 1.5 oz., fruits 4oz., vegetables 6oz., whole grains 1 serving

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>Aug 23</b> <u>macaroni and cheese</u> green beans choice of fruit	<b>Aug 24</b> <u>grilled cheese &amp; bacon</u> broccoli choice of Fruit	<b>Aug 25</b> <u>slice of pizza or two cheesy bread sticks</u> carrots & ranch choice of fruit
<b>Aug 28</b> <u>chicken burrito</u> rice, chicken & cheese black beans choice of fruit	<b>Aug 29</b> <u>turkey sausage links</u> whole grain French toast sticks choice of fruit	<b>Aug 30</b> <u>whole grain chicken fingers</u> mashed potatoes choice of fruit	<b>Aug 31</b> <u>Cheese Coney-choice of chili and shredded cheese</u> corn-off-the-cob choice of fruit	<b>Sept 1</b> <u>slice of pizza or two cheesy bread sticks</u> carrots & ranch choice of fruit
<b>4</b> <b>No School Labor Day</b>	<b>5</b> <u>egg &amp; cheese breakfast burrito</u> tortilla chips w/ salsa choice of fruit	<b>6</b> <u>whole grain chicken bites</u> mashed potatoes choice of fruit	<b>7</b> <u>Spaghetti &amp; meatballs</u> choice of meatballs & sauce garlic bread choice of fruit	<b>8</b> <u>slice of pizza or two cheesy bread sticks</u> carrots & ranch choice of fruit
<b>11</b> <u>beef taco with cheese &amp; sour cream</u> fiesta corn choice of fruit	<b>12</b> <u>scrambled eggs</u> whole grain mini pancake choice of fruit	<b>13</b> <u>hamburger/cheeseburger</u> green beans choice of fruit	<b>14</b> <u>turkey corndogs</u> tater tots choice of fruit	<b>15</b> <u>slice of pizza or two cheesy bread sticks</u> carrots & ranch choice of fruit
<b>18</b> <u>cheese &amp; chicken quesadilla w/ salsa &amp; sour cream</u> black beans choice of fruit	<b>19</b> <u>whole grain waffles</u> sliced bacon hash brown potatoes choice of fruit	<b>20</b> <u>Whole grain chicken &amp; cheese sandwich</u> *cheese optional broccoli choice of fruit	<b>21</b> <u>Cincy Chili Spaghetti</u> peas & carrots choice of fruit	<b>22</b> <u>slice of pizza or two cheesy bread sticks</u> carrots & ranch choice of fruit
<b>25</b> <u>beef taco dip w/ salsa &amp; sour cream</u> bag of tortilla chips choice of fruit	<b>26</b> <u>turkey sausage links</u> whole grain French toast sticks choice of fruit	<b>27</b> <u>whole grain chicken fingers</u> mashed potatoes choice of fruit	<b>28</b> <u>macaroni and cheese</u> green beans choice of fruit	<b>29</b> <u>slice of pizza or two cheesy bread sticks</u> carrots & ranch choice of fruit

### Everyday Entrees

cheese sandwich	turkey wrap	peanut butter & jelly sandwich	yogurt parfait
chili	soup of the day	bagel with cream cheese	assorted whole grain cereal with milk

### Side Items

Sun Chips ©	pretzels	cheese popcorn	tortilla chips w/ tomato salsa
side salad w/ dressing	banana	whole fresh fruit	applesauce
pineapple cubes	Mandarin oranges	GoGurt Sticks ©	