



Week 44

Daily Lunch Menu Schedule

July & August 2024

| Monday 07/29 | | Tuesday 07/30 | | Wednesday 07/31 | | Thursday 08/01 | | Friday 08/02 | |
|--------------|----------------------|---------------|-----------------------|-----------------|--------------------|----------------|--------------------|--------------|-----------------|
| Scoop Size | | Scoop Size | | Scoop Size | | Scoop Size | | Scoop Size | |
| 3 Oz | Beef Picadillo | 3 Ea | Chicken Strips | 1 Ea | Breaded Pork Patty | 3 Oz | BBQ Pulled Chicken | 1 Ea | Salisbury Steak |
| #8 | Roasted Baby Carrots | #10 | Black Beans w. Onions | #10 | Green Peas | #8 | Mac & Cheese | #8 | Bowtie Pasta |
| #10 | Steamed Broccoli | #12 | Peas and Carrots | #12 | Seasoned Corn | #12 | Roasted Carrots | #12 | Seasoned Corn |
| 1 Ea | Wheat Bread | 1 Ea | Ketchup PC | #20 | Gravy | 1 Ea | Wheat Bread | 1 Ea | Wheat Bread |
| 1 Ea | Fresh Fruit | 1 Ea | Cinnamon Applesauce | 1 Ea | Pretzel Goldfish | 1 Ea | Fresh Fruit | 1 Ea | Graham Crackers |
| 1 Ea | Milk | 1 Ea | Milk | 1 Ea | Milk | 1 Ea | Milk | 1 Ea | Milk |

MENU SUBJECT TO CHANGE DUE TO PRODUCT AVAILABILITY

The above menu meets the current DRI's and Adequate Intake (AI) of the US Dietary Guidelines for American with a minimum of 33.4% RDA as established by the Food and Nutrition Board of the Institute of Medicine of the National Academy of Sciences. Menu adheres to basic rationals of Regular, High Fiber, Low Salt, Low Fat/Cholesterol, Low Sugar Diet.

Milk is 1% and all fruits are in Natural Juice or are Fresh. Frozen Meals Plan Menu for Saturday and Sunday will vary and meet the RDA and DRI requirements.

Approved By: _____ *Joyce Lamilla, RD/LD*

Date: September 1, 2023



Week 45

Daily Lunch Menu Schedule

August 2024

| Monday 08/05 | | Tuesday 08/06 | | Wednesday 08/07 | | Thursday 08/08 | | Friday 08/09 | |
|--------------|-------------------------|---------------|----------------|-----------------|----------------------|----------------|-------------------------|--------------|-----------------------|
| Scoop Size | | Scoop Size | | Scoop Size | | Scoop Size | | Scoop Size | |
| 3 oz | Ground Turkey Picadillo | 6 Ea | Mini Corn Dogs | 3 Oz | Chicken Spaghetti | 1 Ea | Rosemary Chicken Breast | 2 Ea | Chicken Tenders |
| #8 | Roasted Potatoes | #12 | Peas & Carrots | #8 | Roasted Coin Carrots | #12 | Campefino Vegetables | #10 | Black Beans w/ Onions |
| #12 | Capri Blend | #10 | Ranchero Beans | #12 | Steamed Broccoli | #8 | Ranchero Beans | #12 | Peas and Carrots |
| 1 Ea | Wheat Bread | 1 Ea | Mustard PC | 1 Ea | Wheat Bread | 1 Ea | Wheat Bread | 1 Ea | Ketchup PC |
| 1 Ea | Fresh Fruit | 1 Ea | Snickerdoodles | 1 Ea | Fresh Fruit | 1 Ea | Cheez-its | 1 Ea | Fudge Round Cookie |
| 1 Ea | Milk | 1 Ea | Milk | 1 Ea | Milk | 1 Ea | Milk | 1 Ea | Milk |

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Approved By: _____ *Joyce Lamilla, RD/LD*

Date: September 1, 2023



Week 46

Daily Lunch Menu Schedule

August 2024

| Monday 08/12 | | Tuesday 08/13 | | Wednesday 08/14 | | Thursday 08/15 | | Friday 08/16 | |
|--------------|----------------------|---------------|-----------------------------------|-----------------|--------------------------------|----------------|-------------------------------|--------------|--------------------|
| Scoop Size | | Scoop Size | | Scoop Size | | Scoop Size | | Scoop Size | |
| 3 Oz | Arroz con Pollo | 1 Ea | Breaded Pork Patty w/ White Gravy | 3 Oz | Creamy Garlic Parmesan Chicken | 3 Ea | Beef Fingers w/ Country Gravy | 1 Ea | Chicken Parm |
| #8 | Roasted Baby Carrots | #10 | Seasoned Corn | #8 | Roasted Broccoli | #12 | Peas & Carrots | #12 | Mashed Potatoes |
| #12 | Pinto Beans | #12 | Green Peas | #10 | Bowtie Pasta | #10 | Ranchero Beans | #10 | Mixed Vegetables |
| 1 Ea | Wheat Bread | | | 1 Ea | Wheat Bread | | | | |
| 1 Ea | Fresh Fruit | 1 Ea | Goldfish Pretzel | 1 Ea | Fresh Fruit | 1 Ea | Oatmeal Raisin Cookies | 1 Ea | Strawberry Gelatin |
| 1 Ea | Milk | 1 Ea | Milk | 1 Ea | Milk | 1 Ea | Milk | 1 Ea | Milk |

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Approved By: _____ *Joyce Lamilla, RD/ND*

Date: September 1, 2023



Week 47

Daily Lunch Menu Schedule

August 2024

| Monday 08/19 | | Tuesday 08/20 | | Wednesday 08/21 | | Thursday 08/22 | | Friday 08/23 | |
|--------------|----------------------|---------------|-----------------------|-----------------|------------------|----------------|-----------------------------|--------------|-----------------|
| Scoop Size | | Scoop Size | | Scoop Size | | Scoop Size | | Scoop Size | |
| 3 Oz | Carne Guisada | 4 Ea | Mini Chicken Taquitos | 3 Oz | Chicken Fajita | 1 Ea | Meatballs w/ Marinara Sauce | 5 Ea | Chicken Nuggets |
| #8 | Roasted Coin Carrots | #10 | Refried Beans | #10 | Black Beans | #8 | Spaghetti w/ Peas | #10 | Mashed Potatoes |
| #12 | Mexican Rice | #12 | Peas and Carrots | #12 | Roasted Potatoes | #10 | Seasoned Corn | #12 | Corn & Peppers |
| 1 Ea | Wheat Bread | 1 Ea | Picante Sauce PC | 1 Ea | Wheat Bread | 1 Ea | Wheat Bread | 1 Ea | Ranch Cup PC |
| 1 Ea | Fresh Fruit | 1 Ea | Cheese Crackers | 1 Ea | Fresh Fruit | 1 Ea | Yogurt | 1 Ea | Diced Mango |
| 1 Ea | Milk | 1 Ea | Milk | 1 Ea | Milk | 1 Ea | Milk | 1 Ea | Milk |

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Approved By: _____ *Joyce Lamilla, RD/LD*

Date: September 1, 2023



Week 48

Daily Lunch Menu Schedule

August 2024

| Monday 08/26 | | Tuesday 08/27 | | Wednesday 08/28 | | Thursday 08/29 | | Friday 08/30 | |
|--------------|----------------------|---------------|------------------------------|-----------------|--------------------|----------------|----------------------|--------------|---|
| Scoop Size | | Scoop Size | | Scoop Size | | Scoop Size | | Scoop Size | |
| 3 Oz | BBQ Pulled Pork | 1 Ea | Chicken Breast w/ Mole Sauce | 4 Ea | Orange Chicken | 1 Ea | Beef & Chicken Patty | 3 Ea | Mini Chicken Cordon Bleu w/ White Gravy |
| #8 | Roasted Baby Carrots | #10 | Pinto Beans | #10 | White Rice | #10 | Mixed Vegetables | #12 | Mashed Potatoes |
| #10 | Steamed Broccoli | #12 | Peas and Carrots | #12 | Garlic Green Beans | #12 | Ranchero Beans | #10 | Capri Blend |
| 1 Ea | Wheat Bread | 1 Ea | Wheat Bread | | | 1 Ea | Wheat Bread | | |
| 1 Ea | Fresh Fruit | 1 Ea | Nutty Buddy | 1 Ea | Fresh Fruit | 1 Ea | Unsweet Applesauce | 1 Ea | Chocolate Chip Cookies |
| 1 Ea | Milk | 1 Ea | Milk | 1 Ea | Milk | 1 Ea | Milk | 1 Ea | Milk |

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Approved By: _____ *Joyce Lamilla, RD/LD*

Date: September 1, 2023