

AUGUST | 2023

LIFE Center Lunch Menu



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

				4	Pizza Slice Celery Fresh Fruit Choice of Milk
7	Mini Corn Dogs Cookie Baked Beans Fresh Fruit Choice of Milk	8	Arroz Con Pollo Cucumbers Fresh Fruit Choice of Milk		
			Rotini and Meat Sauce with Garlic Bread Broccoli Fresh Fruit Choice of Milk	10	Hamburger/ Cheeseburger Corn Fresh Fruit Choice of Milk
14	Chicken Sandwich Tater Tots Fresh Fruit Choice of Milk	15	Soft Tacos Refried Beans Fresh Fruit Choice of Milk		
		16	Orange Chicken Fried Rice Broccoli Fresh Fruit Choice of Milk	17	Alfredo Pasta with Garlic Bread Green Beans Fresh Fruit Choice of Milk
21	Teriyaki Dippers with Dinner Roll Broccoli Fresh Fruit Choice of Milk	22	Beef and Cheese Dip with Tortilla Chips Refried Beans Fresh Fruit Choice of Milk		
		23	Chicken and Waffles Strawberry Sauce Cherry Tomatoes Fresh Fruit Choice of Milk	24	Chicken Nuggets Smiley Potatoes Fresh Fruit Choice of Milk
28	Chicken Fries Mac and Cheese Baked Beans Fresh Fruit Choice of Milk	29	Chicken or Cheese Quesadillas Broccoli Fresh Fruit Choice of Milk		
		30	Pizza Slices Green Beans Fresh Fruit Choice of Milk	31	French Toast and Sausage Patty Sweet Potato Wedges Fresh Fruit Choice of Milk
				1	Chicken Poppers Biscuit Mashed Potatoes Fresh Fruit Choice of Milk

Build a Meal

Chose 3-5 meal components to make a health, well-balanced meal:

- Protein-Whole Grain-Fruit- Vegetable- Milk
- One component must be a fruit or vegetable, may chose up to 2 of each

Daily Alternative Choices:

- Peanut-Free Wowbutter and Jelly Sandwich^V
- Salad Bar
- Assorted Sandwiches

All Grab & Go meals come with a choice of:

- Low-Fat Milk
- Up to 2 fruits
- Up to 2 veggies

*Must get 1 fruit and/or veggie to make a meal

All entrees come with choices of assorted fruit, fresh vegetables, and low-fat white/flavored milk

Meal Prices:

Breakfast: \$2.25
Lunch: \$3.60
Adult: \$4.80
Extra Milk: \$0.50