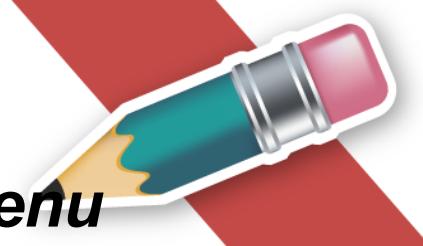


# AUGUST | 2024

## LIFE Center/ CORE Program Lunch Menu



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

# Summer Break

8 Chicken Nuggets  
Carrots  
Fresh Fruit  
Choice of Milk

9 Hamburger/  
Cheeseburger  
French Fries  
Fresh Fruit  
Choice of Milk

12 Teriyaki Dippers  
Dinner Roll  
Sweet Potato Fries  
Fresh Fruit  
Choice of Milk

13 Arroz con Pollo  
Cauliflower  
Fresh Fruit  
Choice of Milk

14 Pizza Slice  
Corn  
Fresh Fruit  
Choice of Milk

15 Mozzarella Sticks  
Marinara Sauce  
Broccoli  
Fresh Fruit  
Choice of Milk

16 Breaded Chicken  
Sandwich  
Baked Beans  
Fresh Fruit  
Choice of Milk

19 Popcorn Chicken  
Cookie  
Potato Smiles  
Fresh Fruit  
Choice of Milk

20 Soft Tacos  
Refried Beans  
Fresh Fruit  
Choice of Milk

21 French Bread Pizza  
Mini Peppers  
Fresh Fruit  
Choice of Milk

22 Bosco Sticks  
Marinara Sauce  
Green Beans  
Fresh Fruit  
Choice of Milk

23 Orange Chicken  
Fried Rice  
Broccoli  
Fresh Fruit  
Choice of Milk

26 Rotini and Meat  
Sauce with Cheesy  
Bread  
Italian Vegetables  
Fresh Fruit  
Choice of Milk

27 Chicken or Cheese  
Quesadilla  
Refried Beans  
Fresh Fruit  
Choice of Milk

28 Pizza Crunchers  
Cauliflower  
Fresh Fruit  
Choice of Milk

29 Chicken Nuggets  
Carrots  
Fresh Fruit  
Choice of Milk

30 Hamburger/  
Cheeseburger  
French Fries  
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<sup>v</sup>
- Salad Bar
- Yogurt Parfaits- TBD

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