

SERVING SIZES

Grains – 2 ounces

Vegetables – ½ cup

Fruits – ½ cup

Protein – 3 ounces

Dairy – 1 cup

August 2026

MONDAY**TUESDAY****WEDNESDAY****THURSDAY****FRIDAY**

3 Chicken noodle soup Roasted chicken w/ gravy Rice pilaf Green beans Watermelon	4 Vegetable soup Shepards pie Mashed potatoes Sliced pears	5 Creamy potato soup Baked fish Sliced carrots Rice pilaf w/ mushrooms Tropical Fruit	6 Broccoli cheddar soup Meatloaf w/gravy Sweet potatoes Sweet peas Sliced peaches	7 Tomato soup Chicken parmesan Italian vegetables Roasted potatoes Fruit cocktail
10 Cheeseburger Cole Slaw Sun Chips Watermelon	11 Tuscan bean soup Tuscan chicken Cauliflower mashed potatoes Mixed vegetables Sliced peaches	12 Minestrone soup Pork tenderloin w/ gravy Buttered corn Mashed potatoes Mixed fruit	13 Lentil soup Chicken marsala Roasted potatoes California blend vegetables Tropical fruit	14 Fresh mixed fruit Pub burger w/ cheese Hot dog Cole slaw Watermelon
17 Navy bean soup Chicken piccata Lemon herb rice pilaf Roasted zucchini w/ tomatoes Sliced peaches	18 Tomato soup Meatball & pepper sandwich Italian vegetables Roasted potatoes Tropical fruit	19 Vegetable soup Creamy pork chops Cilantro lime rice Summer vegetables Sliced pears	20 Chicken Rice soup Pot roast w/ gravy Italian style zucchini Sweet potatoes Mixed fruit	21 Clam chowder Cider glazed chicken thighs Rice pilaf Cole slaw Watermelon
24 Mushroom barley soup Baked pasta w/sausage & meatballs Broccoli, zucchini carrots Fruit cocktail	25 Carrot soup Sausage & pepper sandwich Roasted zucchini Chips Sliced peaches	26 Creamy vegetable soup Lemon chicken and artichokes White rice Baby carrots Watermelon	27 Chicken soup Pork chop w/ apples Mashed potatoes Buttered corn Sliced pears	28 Cheeseburger Cole Slaw Sun Chips Watermelon
31 Tomato spinach & basil soup Chicken cacciatore Roasted potato Italian green beans Fresh fruit				Bread & Milk Served Daily WW=Whole Wheat