

August / September 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28 Pasta Day! chocolate custard 230 Cal, 11g Fat, 27g Carb, 6g Pro	29 Taco Day Whole wheat taco shell 55 cal, 2g fat, 8g carb, 1 g pro Shredded chicken Cal,3g fat 0g carb 24 g pro Brown rice 130 cal, 1g fat, 28 carb 3 g pro Lettuce, salsa, sour cream, cheese 140 cal, 12g fat, 2g carb, 6g pro Black beans 80 cal, 2g fat, 13g carb, 3g pro	30 Breakfast Da 95 Cal, 4g Fat, 13g Carb, 2g Pro HOMEMADE BERRY SYRUP (2 tbsp) 100 Cal, 0g Fat, 25g Carb, 0g Pro SCRAMBLED EGGS 120 Cal, 8g Fat, 1g Carb, 11g Protein TURKEY SAUSAGE 45 cal, 3g fat, 0g carb, 4g pro y!	31 Meatloaf Cal 510.0 fat 35.0g carbs 4.0g pro 31.0g mashed potatoes cal 160.0 fat 1.3g carbs 37.0g pro 4.0g Corn cal 77.4 fat1.1g carb 17.1g pro 2.9g	1 Pizza Day 300 Cal, 12g Fat, 31g Carb, 16g Pro (cheese/meatball) 230 Cal, 6g Fat, 31g Carb, 10g Pro (cheese/veggie) 210 Cal, 6g Fat, 29g Carb, 10g Pro (cheese only) CARROT STICKS. 35 Cal, 0g Fat, 8g Carb, 1g Pro
4 NO SCHOOL	5 Chicken Nachos Shredded chicken Cal,3g fat 0g carb 24 g pro Brown rice 130 cal, 1g fat, 28 carb 3 g pro Lettuce, salsa, sour cream, cheese 140 cal, 12g fat, 2g carb, 6g pro Black beans 80 cal, 2g fat, 13g carb, 3g pro	6 Breakfast Day! Muffins 1 95 Cal, 4g Fat, 19g Carb, 2g Pro HOMEMADE BERRY SYRUP (2 tbsp) 100 Cal, 0g Fat, 25g Carb, 0g Pro SCRAMBLED EGGS WITH CHEESE 185 Cal, 13g Fat, 1g Carb, 16g Pro TURKEY SAUSAGE. 45 cal, 3g fat, 0g carb, 4g pro	7 hummus 100 Cal, 3g Fat, 15g Carb, 3g Pro	8 Pizza Day Whole wheat dough Meatball, bacon, or cheese With fresh veggies.
11 Pasta Day! Stuffed shells, With ricotta, parmesan and mozzarella cheeses, and spinach. Served with a warm multigrain roll.	12 Beef Fajita Bowls Beef Fajitas Cal 140.0 fat 5.0g carbs 2.0g pro 20.0g	13 Breakfast Da EGG CHEESE AND sausage ON ENGLISH MUFFINS 300 Cal, 21g Fat, 15g Carb, 12g Pro HASHBROWNS 100 Cal, 3g Fat, 15g Carb, 3g Pro VANILLA YOGURT 85 Cal, 4g fat, 8g Carb, 4g Pro y!	14 Beefsteak hoagies Home made cheese sauce, mushrooms and onions. 480 Cal, 29g Fat, 30g Carb, 24g Pro Served with baked zucchini fries 190 Cal, 8g Fat, 25g Carb, 3g Pro	15 Pizza Day Whole wheat dough Meatball, bacon or cheese With fresh veggies.
18 Pasta Day! Chicken and pesto, tomatoes, and broccoli. With multigrain garlic to Cal 178.0 fat1.0 carbs 0g pro Fresh broccoli cal 98.3 fat 1.1 carb 20.0g pro 6.7g ast.	19 Chicken Enchiladas Cal 350.0 fat 9.0g carbs 40.0g pro 27.0g brown rice 130 cal, 1g fat, 28 carb, 3g pro	20 Breakfast Day. SAUSAGE BISCIUTS AND GRAVY Sausage Biscuit with gravy (1 whole biscuit) 215 Cal, 8g Fat, 32g Carb, 4g Pro WITH HOMEMADE JAM 60 Cal, 0g Fat, 15g Carb, 0g Protein SCRAMBLED EGGS Cal, 8g Fat, 1g 120 Carb, 11g Protein	21 Student Choice Day! Lunch is announced on Mondays!	22 Pizza Day Whole wheat dough Meatball, bacon, or cheese With fresh veggies. And mini cakes.