



Cafeteria Manager: Patricia Bentley

Welcome back, Menlo family!



August is Family Meals Month! Family meals around the table provide an opportunity to spend time together. Make time for family meals when planning your household's schedule each week. Try to cook, eat and clean up together!

This institution is an equal opportunity provider.

Reference: USDA MyPlate

MONDAY

2

TUESDAY

National Watermelon Day

3

WEDNESDAY

4

THURSDAY

5

FRIDAY

6

Chicken Sandwich
Lettuce/Tomato
Fries
Baked Beans
Fruit & Choice of Mil

9

Cheese Sticks
Green Beans
Salad w/ ranch
Fruit
Choice of Milk

10

Corndog
Chips
Veggie cup w/ ranch
Fruit
Choice of Milk

11

Pizza
Corn
Salad w/ ranch
Fruit
Choice of Milk

12

Cheeseburger
Lettuce/Tomato/Pickle
Fries
Carrots w/ ranch dip
Fruit & Choice of Milk

13

Teriyaki Chicken OR
General Tso Chicken
Rice & Egg Roll
Fortune Cookie
Fruit & Choice of Milk

16

Yogurt Plate
Cheese Stick/Cookie
Crackers/Applesauce/Carrots
OR Salad Plate w/ Fruit
Choice of Milk

17

Chicken & Waffles OR
Sausage Biscuit
Tater Tots
Fruit
Choice of Milk

18

Steak Nuggets w/ Roll OR
Mini Corndogs
Mac & Cheese
Green Beans
Fruit & Choice of Milk

19

PB&J w/ string cheese
OR Grilled Cheese
Veggie Cup w/ dip
Chips
Fruit & Choice of Milk

20

Chicken Tenders w/ Roll
Pinto Beans
Creamed Potatoes
Fruit
Choice of Milk

23

Hotdog OR Hamburger
Slaw
Lettuce/Tomato
Fries
Fruit & Choice of Milk

24

Taco OR Burrito
Salad
Cheese Cup & Sour Cream
Broccoli w/ Cheese
Fruit & Choice of Milk

25

Chili Cheese Tots
Veggies w/ dip
Cinnamon Rolls
Fruit
Choice of Milk

26

Cowboy Nachos
Refried Beans
Salad w/ ranch
Fruit
Choice of Milk

27

Cheese sticks w/
Marinara sauce
Corn
Salad w/ ranch
Fruit & Choice of Milk

30

Chicken Littles OR
Mini Burgers
Lettuce/Tomato/Pickle
Baked Beans
Chips
Fruit & Choice of Milk

31

