

BREAKFAST & LUNCH MENU
WEEK #3 LAKEMARY
Aug 17-23, 2020

Monday 8/17	Tuesday 8/18	Wednesday 8/19	Thursday 8/20	Friday 8/21	Saturday 8/22	Sunday 8/23
<u>Breakfast</u> Cheese Omelet Mixed Berry Applesauce Cup Cereal 100% Fruit Juice Milk Choice	Whole Grain French Toast Bites & Syrup Diced Peaches Cereal 100% Fruit Juice Milk Choice	Excellent Egg Taco w/ Salsa Strawberries & Pineapple Cereal 100% Fruit Juice Milk Choice	Biscuit & Gravy Diced Pears Cereal 100% Fruit Juice Milk Choice	Breakfast Sausage Skillet Mandarin Oranges Cereal 100% Fruit Juice Milk Choice	Oatmeal w/ brown sugar Raisins Cereal 100% Fruit Juice Milk Choice	Breakfast Burrito Fresh Banana Cereal 100% Fruit Juice Milk Choice
<u>Lunch</u> Bosco Sticks w/ Marinara Sauce Italian Blend Veggies Romaine Salad Fresh Banana Dried Apricots Milk Choice	Cowboy Cavatini Tortilla Chips Guacamole Southwestern Lentils Mexican Churro Fresh Apple Milk Choice	Hot Ham & Cheese on a Whole Grain Bun Sliced Beets Veggie Power Slaw Fresh Orange Frozen Fruit Cup Milk Choice	Cheesy Tuna Noodles Fresh Red & Green Bell Pepper Strips Baby Carrots Multigrain Chips Fresh Mix Fruit Cup Milk Choice	Kitchen-Fav Meatloaf Mashed Potatoes & Gravy Dinner Roll w/ butter Green Beans Fresh Pear Milk Choice	Little Smokies Mac 'n Cheese Peas & Carrots Sun Chips Fresh Strawberries Milk Choice	Meatball Sub Sandwich Potato Salad Fresh Broccoli w/ Light Ranch Dip Fresh Grapes Milk Choice
<u>Supper</u> Mexican Taquitos w/ cheese sauce Roasted Asparagus Fiesta Corn & Black Beans Fruit Cocktail Milk	Chicken Patty on Whole Grain Bun Baked Onions Rings w/ ketchup Cucumber Slices Brownies Fresh Grapes Milk	<i>Cook's Choice</i> Green Beans Cheese Focaccia Oatmeal Crème Pie Mixed Fruit Bowl Milk	Beef & Bean Burritos Mexican Corn Blue Corn Tortilla Chips & Salsa Graham Crackers Diced Pineapple Milk	Cheese Pizza Tossed Salad Cherry Tomatoes Sunflower Seeds Cottage Cheese Banana Milk	Whole Grain Chicken Breast Strips 3-Bean Salad Sweet Potato Chips Cookie Applesauce Milk	Ravioli Garlic Breadstick Fresh Cauliflower Animal Crackers Diced Peach Bowl Milk

"This institution is an equal opportunity provider."

**Menu subject to change*