

A variety of fruits, vegetables, and milk offered daily
Kathie McAfee, R.D.

August 2011

Woody Gap School

Monday	Tuesday	Wednesday	Thursday	Friday
Organ Wise Featured Foods of the Month (FOM)	August-Stone Fruit & Summer Squash	September-Whole Grains & Tomatoes	11 Pizza WK Corn Fresh Summer Squash/Dip (FOM) Low Fat Ice cream	12 Deli Turkey Sandwich on Hoagie Bun Simply Chex Lettuce/Tomato Washington Cherries (FOM)
15 Nachos w/ Trimmings Corn Shredded Lettuce & Diced Tomatoes Fruit (Sandwich Bar) Aug 15-19	16 Cheeseburger on Bun Tater Tots Lettuce & Tomato Cookie	17 Chicken Fillet on Bun Fresh Red Herb Roasted Potatoes Lettuce & Tomato Plums (FOM)	18 Hot Dog on Bun French Fries Baked Beans Coleslaw (Optional) Pudding w/Wafer	19 Chicken Nuggets Mashed Potatoes Green Beans Roll Fruit (Sandwich Bar)
22 Roasted Chicken Mashed Potatoes Peas & Carrots French Bread Fruit (Sandwich Bar) Aug 22-26	23 Turkey & Cheese Panini Potato Wedges Raw Vegetables & Dip Fruit	24 Chicken Fajitas w/Trimmings Pinto Beans Spanish Rice Fresh Peach	25 Shrimp Poppers Baked Potato Fresh Steamed Broccoli/Cheese Texas Toast Fruit	26 Barbeque on Bun French Fries Baked Beans Cole Slaw (Optional) Fruit (Sandwich Bar)
29 Baked Potato w/ Chili & Cheese Cornbread Garden Salad "Rosy" Applesauce Cookie (Sandwich Bar) Aug 29-Sept 2	30 Baked Zita Stir Fry Vegetables Garden Salad Whole Wheat Roll (FOM) Blue Blast Bar	31 Pizza/Peas & Carrots Raw Broccoli/Cauliflower Dip Fruit Cookie	1 Roast Turkey & Gravy on Rice Green Beans Carrot-Raisin Salad Roll Fruit	2 Deli Turkey Sandwich on WW Hoagie Bun Simply Chex Lettuce/Tomato (FOM) Fruit
Labor Day Holiday Sept 5-9	6 Chicken Fillet on WW Bun Baked Potato Lettuce- Tomato (FOM) Cherry Crisp (Sandwich Bar)	7 Roasted Chicken Brown Rice (FOM) Mixed Vegetables French Bread Fruit	8 Barbeque on WW Bun Baked Beans Potato Rounds Cole Slaw (Optional) Fruit	9 Cheeseburger on WW Bun French Fries Lettuce-Tomato (FOM) Brownie (Sandwich Bar)

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