

# AUGUST | 2022

## LIFE Center Lunch Menu



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1 Teriyaki Dippers with a Dinner Roll Mini Peppers Fresh Fruit Choice of Milk	2 Tacos Refried Beans Fresh Fruit Choice of Milk	3 Chicken Nuggets French Fries Fresh Fruit Choice of Milk	4 Bosco Sticks with Marinara Sauce Broccoli Fresh Fruit Choice of Milk	5 Pizza Slice Cucumber Fresh Fruit Choice of Milk
8 Breaded Chicken Sandwich Tater Tots Fresh Fruit Choice of Milk	9 Chicken Tenders Mac and Cheese Baked Beans Fresh Fruit Choice of Milk	10 Pretzel and Cheese Sauce Broccoli Fresh Fruit Choice of Milk	11 Mini Corn Dogs Green Beans Fresh Fruit Choice of Milk	12 Calzone Carrots Fresh Fruit Choice of Milk
15 Hamburger Baked Beans Fresh Fruit Choice of Milk	16 French Toast Sticks Sausage Patty Sweet Potato Wedges Fresh Fruit Choice of Milk	17 Rotini and Meat Sauce w/ Garlic Bread Broccoli Fresh Fruit Choice of Milk	18 Popcorn Chicken with a Dinner Roll Corn Fresh Fruit Choice of Milk	19 Pizza Crunchers with Marinara Sauce Cauliflower Fresh Fruit Choice of Milk
22 Teriyaki Dippers with a Dinner Roll Mini Peppers Fresh Fruit Choice of Milk	23 Tacos Refried Beans Fresh Fruit Choice of Milk	24 Chicken Nuggets French Fries Fresh Fruit Choice of Milk	25 Bosco Sticks with Marinara Sauce Broccoli Fresh Fruit Choice of Milk	26 Pizza Slice Cucumber Fresh Fruit Choice of Milk
28 Breaded Chicken Sandwich Tater Tots Fresh Fruit Choice of Milk	30 Chicken Tenders Mac and Cheese Baked Beans Fresh Fruit Choice of Milk	31 Pretzel and Cheese Sauce Broccoli Fresh Fruit Choice of Milk	1 Mini Corn Dogs Green Beans Fresh Fruit Choice of Milk	2 Calzone Carrots Fresh Fruit Choice of Milk

### **Build a Meal**

Chose 3-5 meal components to make a health, well-balanced meal:

- Protein-Whole Grain-Fruit- Vegetable- Milk
- One component must be a fruit or vegetable, may chose up to 2 of each

### **Daily Alternative Choices:**

- Peanut-Free Wowbutter and Jelly Sandwich<sup>V</sup>
- Salad Bar
- Assorted Sandwiches

All Grab & Go meals come with a choice of:

- Low-Fat Milk
- Up to 2 fruits
- Up to 2 veggies

\*Must get 1 fruit and/or veggie to make a meal

**All entrees come with choices of assorted fruit, fresh vegetables, and low-fat white/flavored milk**

### **Meal Prices:**

Breakfast: \$2.25  
Lunch: \$3.50  
Adult: \$4.75  
Extra Milk: \$0.50