



AUGUST 2023 - MEAL PLAN

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
# xMILK/# xALMOND/## xYOGURT		## x(FRUIT /YOGURT/LOAF SLICE)		## x(VEG/CRACKER/CHEESE)		## x(FRUIT/YOGURT & MUFFIN)		## x(FRUIT/COOKIE OR BAR)	
## x(VEG/SLICE TURKEY/CRACKERS)									
		1	BEEF SHEPPARDS PIE (GF/DF) <i>*V: Mashed potatoes and veggies</i>	2	TURKEY & VEGGIE RICE (GF/DF) <i>*V: Mixed veggie and rice</i>	3	CHICKEN CHOW MEIN <i>*GF & *DF: chicken with rice noodles</i> <i>*V: Vegetable Chow Mein</i>	4	BEEF & CHEESE QUESADILLAS (GF/DF) <i>*V: Plain cheese quesadilla</i>
7	CLOSED	8	PASTA SHELLS IN WHITE SAUCE <i>*GF & *DF: GF Pasta Marinara</i> <i>*extra spoons</i>	9	CHICKEN CHOW MEIN <i>*GF & *DF: chicken with rice noodles</i> <i>*V: Vegetable Chow Mein</i>	10	FISH STRIPS & FRIES <i>*GF & *DF: GF Fish & Fries</i> <i>*V: Cheesy Fries</i>	11	BAKED MACCARONI & CHEESE <i>*GF & *DF: Baked Gf pasta in red Sauce</i>
14	SPAGHETTI & MEATBALLS <i>*GF & *DF: Meatballs and GF pasta</i> <i>*V: Spaghetti Marinara</i>	15	GRILLED CHEESE <i>*GF & *DF: GF/DF Grilled Cheese</i>	16	CHICKEN & CHEESE QUESADILLAS (GF/DF) <i>*V: Plain cheese Quesadilla</i>	17	PASTA PENNE IN RED SAUCE <i>*GF & *DF: GF Pasta Marinara</i>	18	CREAM OF VEGGIE SOUP <i>*V: Mashed potatoes and veggies</i>
21	PASTA SHELLS IN WHITE SAUCE <i>*GF & *DF: GF Pasta Marinara</i> <i>*extra spoons</i>	22	TURKEY & VEGGIE RICE (GF/DF) <i>*V: Mixed veggie and rice</i>	23	CREAM OF POTATO SOUP <i>*V: Mashed potatoes and veggies</i>	24	BAKED MACCARONI & CHEESE <i>*GF & *DF: Baked Gf pasta in red Sauce</i>	25	CLOSED
28	CHICKEN STRIPS & FRIES <i>*GF & *DF: Chicken Wings and Fries</i> <i>*V: Cheesy Fries</i>	29	BEEF SHEPPARDS PIE (GF/DF) <i>*V: Mashed potatoes and veggies</i>	30	CHEESE PIZZA ON ENGLISH MUFFIN <i>*GF & *DF: GF- please provide chef</i>	31	CHICKEN CHOW MEIN <i>*GF & *DF: chicken with rice noodles</i> <i>*V: Vegetable Chow Mein</i>		