## AUGUST

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| 19 | 20 | 21 | 22 | 23 |
|  |  | Tangerine chicken | Fettuccine w/ Chicken Alfredo or | Comet Burger Bar |
|  |  | Asian brown rice or Lo mein | Lasagna rolls | Seasoned potato wedges |
|  |  | Noodles, fortune cookie | Sugar snap peas | Topping Bar to include chili, cheese |
|  |  | Sesame broccoli | WG dinner roll | lettuce, onions, pickles |
|  |  | Salad bar | Salad bar | Salad Bar |
|  |  | Fruit bar | Fruit bar | Fruit Bar |
|  |  | Milk | Milk | Milk |
| 26 | 27 | 28 | 29 | 30 |
| Waffle fries or baked Potato topped | Mexican Straw Hats | Sriracha chicken | Lasagna with meat sauce w/breadstick or | BBQ pork or Toasted Cheese |
| Pulled pork or Chili and toppings or | Fritos with meat beans and cheese | Brown rice or lo mein noodles | Ravioli | Sweet Potato \& Regular Tater Tots |
| Meatloaf Sandwich | Shredded lettuce and toppings | Stir fry vegetables | Sicilian vegetables | Tomato soup with |
| waffle fries | or Taco Salad Bowl | Fortune Cookies | Salad bar | Spicy Crackers |
| Salad Bar | Snickerdoodle Cookie | Salad bar | Fruit bar | Salad bar |
| Fruit Bar | Salad and Fruit bar | Fruit bar | Milk | Fruit bar |
| Milk | Milk | Milk |  | Milk |
|  | This instit | ation is an equal opportunity provider and | employer |  |
|  | Email Deanne Pastva, RD, LD with any | questions about the National School Bre | akfast \& Lunch Programs: deanne_pastv | @amherstk12.org |

