

# What's on the Menu?

## The Arthur School: AUGUST 2022 Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> 	<p>2</p> <p>Chicken Cordon Bleu Sandwich on WG Bun with Seasoned Corn and Baked Beans Plums</p>	<p>3</p> <p>White Beans and Brown Rice, Seasoned Mixed Greens, Baby Carrots WG Roll Oranges</p>	<p>4</p> <p>Turkey Hot Dogs &amp; Chili, Macaroni &amp; Cheese, Roasted Corn Bananas Golden Apples</p>	<p>5</p> <p>Lasagna w/ WG Garlic Bread, Roma Herb Sweet Potato Wedges, Sweet Peas Green Apples Carrot Sticks</p>
<p>8</p> <p>Red Beans and Sausage w/ Brown Rice, Seasoned Carrots, Peas Corn Bread Golden Apples</p>	<p>9</p> <p>Turkey Tacos w/ Cheddar and Fiesta Rice, Mexican Street Corn Seasoned Carrot Fries Green Apples Cucumbers w/ Lt Ranch</p>	<p>10</p> <p>Herb Baked Chicken w/ Yellow Rice, WG Rolls, Seasoned Collard Greens, Steamed Corn Red Apples</p>	<p>11</p> <p>Cheeseburger on WG Bun, Sweet Potato Fries, Green Beans Pears</p>	<p>12</p> <p>BBQ Chicken w/ Dirty Rice, Collard Greens, WG Roll, Baked Beans Green Salad Oranges</p>
<p>15</p> <p>White Beans and Sausage w/ Brown Rice, Seasoned Carrots, Mixed Greens, Cabbage, Corn Bread WG Roll Red Apples</p>	<p>16</p> <p>General Tso's Chicken w/ Asian Brown Rice, Sesame Green Beans, Buttered Baby Carrots, WG Roll Golden Apples</p>	<p>17</p> <p>Chicken Parmesan Sandwich Seasoned Corn, Roasted Buffalo Cauliflower, Seasoned Pinto Beans Oranges</p>	<p>18</p> <p>Meatball Sub on WG Bun, Macaroni &amp; Cheese, Green Peas Green Salad Bananas</p>	<p>19</p> <p>Turkey Meatloaf w Mashed Potatoes and Gravy, WG Roll, Roasted Mixed Veggies, Steamed Green Beans, WG Crackers Oranges</p>
<p>22</p> <p>Red Beans and Sausage w/ Brown Rice, Seasoned Carrots, Smothered Cabbage, Corn Bread Red Apples</p>	<p>23</p> <p>Turkey Tacos w/ Cheddar and Fiesta Rice, Mexican Street Corn Seasoned Carrot Fries Plums</p>	<p>24</p> <p>Smothered Pork Chop or Chicken Thigh Brown Rice and Gravy, Seasoned Collards, and Baked Beans WG Roll Red Apples</p>	<p>25</p> <p>Sloppy Joes on WG Buns, Yellow Squash, Seasoned Green Beans Golden Apples</p>	<p>26</p> <p>Shepherd's Pie w/Brown Rice, WG Roll, Roasted Carrots, Steamed Cabbage Banannas</p>
<p>29</p> <p>White Beans w/ Brown Rice, Sausage and Cornbread Seasoned Baby Carrots, Green Peas Red Apples</p>	<p>30</p> <p>Sweet &amp; Sour Chicken w/ Brown Rice, Sesame Green Beans, Roasted Yellow Squash and Veggie Eggroll WG Crackers Golden Apples</p>	<p>31</p> <p>BBQ Chicken w/ Yellow Rice, WG Rolls, Seasoned Collard Greens, Steamed Corn Oranges</p>	<p>THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER</p>	
<p>Every lunch includes an entrée supplying grain and sometimes additional protein, two servings of fresh fruit, and a choice of low-fat and fat-free milk.</p>				