

AUGUST 2021 MENU



GOURMET EXPRESS (404)371-4566

MONDAY 2	TUESDAY 3	WEDNESDAY 4	THURSDAY 5	FRIDAY 6
			<p>Breakfast Granola Bars Apple Sauce Milk</p> <p>Lunch WOW Butter Sandwich Whole Wheat Bread Jelly Carrots Mandarins Milk</p>	<p>Breakfast Cheerios Cereal Whole Peaches Milk</p> <p>Lunch Pimento Cheese Whole Wheat Pita Bread Celery Sticks Fruit Cocktail Milk</p>
MONDAY 9	TUESDAY 10	WEDNESDAY 11	THURSDAY 12	FRIDAY 13
<p>Breakfast Z Bar Whole Grain Bar Grapes Milk</p> <p>Lunch White Bean Pasta Salad Whole Wheat Pasta Corn Fruit Cocktail Milk</p>	<p>Breakfast Whole Wheat Chex Mix Whole Mandarins Milk</p> <p>Lunch Cilantro Lime Chicken Wrap Whole Wheat Tortilla Grape Tomatoes Apple/Grape Buddies Milk</p>	<p>Breakfast Raisin Bran Cereal Apple Sauce Milk</p> <p>Lunch Sweet & Sour Chicken Steamed Brown Rice Roasted Broccoli Diced Peaches Milk</p>	<p>Breakfast Special K Pastry Crisps Whole Oranges Milk</p> <p>Lunch Chicken Tacos Whole wheat Tortilla Green Peas Mandarins Milk</p>	<p>Breakfast Mini Cinnamon Rolls Apple Slices Milk</p> <p>Lunch Cheese Tortellini Pasta/ Marinara Whole Wheat Pasta Pinto Beans Pineapple Tidbits Milk</p>

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MONDAY 16	TUESDAY 17	WEDNESDAY 18	THURSDAY 19	FRIDAY 20
<p><u>Breakfast</u> Nutri Grain Bars Plums Milk</p> <p><u>Lunch</u> Rotini Pasta w/ Turkey Meatballs Whole Wheat Pasta Three Bean Vegetables Diced Pears Milk</p>	<p><u>Breakfast</u> Cheerios Cereal Banana Milk</p> <p><u>Lunch</u> Corn Dog Potato Chips Black Beans Sliced Oranges Milk</p>	<p><u>Breakfast</u> Granola Bars Clementine Milk</p> <p><u>Lunch</u> Garlic Chicken Alfredo Pasta Whole Wheat Pasta Green Beans Fruit Cocktail Milk</p>	<p><u>Breakfast</u> Whole Wheat Chex Mix Apple Sauce Milk</p> <p><u>Lunch</u> Turkey Tacos Whole wheat Tortilla Marinated Vegetables Mandarins Milk</p>	<p><u>Breakfast</u> Blueberry Muffins Whole Pears Milk</p> <p><u>Lunch</u> Turkey & American Cheese Sandwich Whole Wheat Bread Broccoli Diced Peaches Milk</p>
MONDAY 23	TUESDAY 24	WEDNESDAY 25	THURSDAY 26	FRIDAY 27
<p><u>Breakfast</u> Raisin Bran Cereal Mandarins Milk</p> <p><u>Lunch</u> Hawaiian Turkey Meatballs Brown Rice Pilaf w/ Peppers Roasted Brussel Sprouts Pineapple Tidbits Milk</p>	<p><u>Breakfast</u> Mini Cinnamon Rolls Apple Slices Milk</p> <p><u>Lunch</u> Sloppy joe Whole Wheat Bun Green Peas Apple/Grape Buddies Milk</p>	<p><u>Breakfast</u> Breakfast Biscuits Diced Pear Milk</p> <p><u>Lunch</u> Sweet Chili Chicken Brown Rice Pinto Beans Mandarins Milk</p>	<p><u>Breakfast</u> Granola Bars Apple Slices Milk</p> <p><u>Lunch</u> Chicken Nuggets Whole Wheat Rolls Corn Diced Pears Milk</p>	<p><u>Breakfast</u> Z bar Whole Grain Bar Diced Honey Dew Milk</p> <p><u>Lunch</u> Pimento Cheese Whole Wheat Pita Bread Celery Sticks Fruit Cocktail Milk</p>

AUGUST 2021 MENU

MONDAY 30	TUESDAY 31	WEDNESDAY	THURSDAY	FRIDAY
<p data-bbox="220 326 380 440"><u>Breakfast</u> Cheerios Cereal Banana Milk</p> <p data-bbox="195 589 405 789"><u>Lunch</u> Chicken Stir Fry Sautéed Vegetables Whole Wheat Tortilla Black Beans Fruit Cocktail Milk</p>	<p data-bbox="569 326 749 440"><u>Breakfast</u> Blueberry Muffins Apple Sauce Milk</p> <p data-bbox="552 589 762 756"><u>Lunch</u> Chicken Taco Whole Wheat Tortilla Sauteed Vegetables Sliced Oranges Milk</p>			