

AUGUST 2022 MENU



GOURMET EXPRESS (404)371-4566

AUGUST MENU

MONDAY 1	TUESDAY 2	WEDNESDAY 3	THURSDAY 4	FRIDAY 5
MONDAY 8	TUESDAY 9	WEDNESDAY 10	THURSDAY 11	FRIDAY 12
<p><u>Breakfast</u> Pop Tarts Whole Pears 100% Fruit Juice (DAR) Milk</p> <p><u>Lunch</u> Spaghetti & Meatball Whole Wheat Spaghetti Mixed Vegetables Whole Peaches (DAR) Milk</p>	<p><u>Breakfast</u> Apple Cinnamon Cereal Mandarin Cups 100% Fruit Juice (DAR) Milk</p> <p><u>Lunch</u> BBQ Chicken Legs Curried Cabbage Corn Bread Honey Dew Melon (DAR) Milk</p>	<p><u>Breakfast</u> Nutri Grain Bars (DAR) String Cheese Banana 100% Fruit Juice (DAR) Milk</p> <p><u>Lunch</u> Beef Hamburgers (LS) Whole Wheat Bun (LS) Baked Beans Granny Smith Apples (DAR) Milk</p>	<p><u>Breakfast</u> (DAR) Yogurt Mixed Fruit Cups 100% Fruit Juice (DAR) Milk</p> <p><u>Lunch</u> Teriyaki (LS) Chicken W/ Asian Noodles Whole Wheat Noodles Broccoli Stir Fry Whole Pears (DAR) Milk</p>	<p><u>Breakfast</u> (DAR) Raspberry Danish Apple Sauce 100% Fruit Juice (DAR) Milk</p> <p><u>Lunch</u> Beef Nachos Whole Grain Tortilla Chips Green Peas Bananas (DAR) Milk</p>

AUGUST 2022 MENU

MONDAY 15	TUESDAY 16	WEDNESDAY 17	THURSDAY 18	FRIDAY 19
<p><u>Breakfast</u> (DAR) Banana Muffins Mandarin Cups 100% Fruit Juice (DAR) Milk</p> <p><u>Lunch</u> Lemon Herb Baked Chicken Brown Rice Vegetable Medley Gala Apples (DAR) Milk</p>	<p><u>Breakfast</u> Breakfast Biscuit Bars Whole Pear (DAR) String Cheese 100% Fruit Juice (DAR) Milk</p> <p><u>Lunch</u> Sloppy joe Whole Wheat Bun Seasoned Pinto Beans Watermelon (DAR) Milk</p>	<p><u>Breakfast</u> Honey Bun Apple Sauce 100% Fruit Juice (DAR) Milk</p> <p><u>Lunch</u> Brown Sugar Garlic Chicken Legs Brown Rice Pilaf Roasted Cauliflower Bananas (DAR) Milk</p>	<p><u>Breakfast</u> Cinnamon Toast Cereal Mixed Fruit Cups 100% Fruit Juice (DAR) Milk</p> <p><u>Lunch</u> (DAR) Beefy Mack (w/wheat noodles) Whole Wheat Elbows Cheddar Cheese Butternut Squash Cantaloupe (DAR) Milk</p>	<p><u>Breakfast</u> Whole Grain Cake Donut Bananas 100% Fruit Juice (DAR) Milk</p> <p><u>Lunch</u> Grilled Chicken Salad Sandwich Whole Wheat Bread Garden Salad w/ Dressing Whole Peaches (DAR) Milk</p>
MONDAY 22	TUESDAY 23	WEDNESDAY 24	THURSDAY 25	FRIDAY 26
<p><u>Breakfast</u> Honey Cheerios Cereal Apple Sauce String Cheese 100% Fruit Juice (DAR) Milk</p> <p><u>Lunch</u> Pinto Bean Burrito Whole Wheat Tortilla Brown Rice Cheddar Cheese Mexican Corn Whole Pears (DAR) Milk</p>	<p><u>Breakfast</u> (DAR) Blueberry Muffins Granny Smith Apples 100% Fruit Juice (DAR) Milk</p> <p><u>Lunch</u> (LS) Chicken & Waffles Whole Wheat Waffles Maple Syrup (LS) Roasted Brussel Sprouts Honey Dew Melon (DAR) Milk</p>	<p><u>Breakfast</u> Cheese Danish Mixed Fruit Cups 100% Fruit Juice (DAR) Milk</p> <p><u>Lunch</u> Meatball Marinara Sub (LS) Whole Wheat Bread Roasted Sweet Potatoes (LS) Whole Peaches (DAR) Milk</p>	<p><u>Breakfast</u> Granola Bars Whole Pears 100% Fruit Juice (DAR) Milk</p> <p><u>Lunch</u> (DAR) Garlic (LS) Chicken Alfredo Whole Wheat Pasta Green Beans Bananas (DAR) Milk</p>	<p><u>Breakfast</u> Apple Frudels Peach Cups 100% Fruit Juice (DAR) Milk</p> <p><u>Lunch</u> Turkey Tacos (LS) Whole Wheat Tortilla Lettuce/Cheese Tomato Salsa (LS) Black Beans Red Apples (DAR) Milk</p>

AUGUST 2022 MENU

MONDAY 29	TUESDAY 30	WEDNESDAY 31		
<p style="text-align: center;"><u>Breakfast</u> Nutri-Grain Bars Mandarin Cups String Cheese 100% Fruit Juice (DAR) Milk</p> <p style="text-align: center;"><u>Lunch</u> Mango Chili Chicken Herb Brown Rice Baked Beans Whole Peaches (DAR) Milk</p>	<p style="text-align: center;"><u>Breakfast</u> Pop Tarts Mixed Fruit Cups 100% Fruit Juice (DAR)) Milk</p> <p style="text-align: center;"><u>Lunch</u> Spaghetti & Meatball Whole Wheat Spaghetti Mixed Vegetables Banana (DAR) Milk</p>	<p style="text-align: center;"><u>Breakfast</u> Raisin Bran Cereal Peach Cups 100% Fruit Juice (DAR) Milk</p> <p style="text-align: center;"><u>Lunch</u> Brown Sugar Garlic Chicken Legs Steamed Brown Rice Maple Roasted Carrots Granny Smith Apples (DAR) Milk</p>		

MENU NOTIFICATIONS

(VEG)- Vegetarian Meal

(DAR)- Dairy used in Meal

(LS) – Locally Sourced Options

(W/W) – Whole Wheat

NUTS – Nuts are never served. We serve Soy or Sunflower butter as a peanut butter substitute

PORK – Pork is never served

Substitutions – Due to the Covid-19 pandemic, the entire country is experiencing consistent supply chain shortages. The food supply chain is no exception. We reserve the right to make menu or supply item substitutions whenever necessary without prior notice. We will update customers as soon as possible so that they can make the necessary adjustments.