



# MENU

August 2023 SFSP

## Cold Meal



WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5	<b>31</b> <b>Caprese Chicken Quesadilla</b> WW Tortilla* Baby carrots Tomato Apple 1% Milk	<b>1</b> <b>Build Your Own Pizza</b> WGR Flatbread* Cucumber slices Tomato sauce Orange 1% Milk	<b>2</b> <b>BBQ Chicken Salad</b> WW Roll* Romaine, carrots, tomato Banana 1% Milk	<b>3</b> <b>Jerk Chicken Salad Sandwich</b> WW Bun* Garden Salad Shredded Lettuce Apple 1% Milk/ Fat Free Chocolate Milk	<b>4</b> <b>Taco Pasta Salad</b> WW Pasta* Corn Tomato, green pepper Pineapple Tidbits 1% Milk
6	<b>7</b> <b>Turkey Sandwich</b> WW Bread* Baby carrots Apple 1% Milk	<b>8</b> <b>Jerk Chicken &amp; Salad</b> WW Roll* Romaine Orange 1% Milk	<b>9</b> <b>Build Your Own Pizza</b> WGR Flatbread* Tomato Sauce Cucumber Banana 1% Milk	<b>10</b> <b>Chicken Salad Sandwich</b> WW Bun* Shredded Lettuce & Tomato Grape Tomatoes Apple 1% Milk/ FF Choc. Milk	<b>11</b> <b>Turkey Sub</b> WW Bun* Broccoli Apple 1% Milk
1	<b>14</b> <b>Chef's Signature Salad</b> WW Roll* Romaine, tomato, shredded carrot Apple 1% Milk	<b>15</b> <b>Mija's Pizza Quesdilla</b> WW Tortilla* Sliced cucumbers Tomato sauce Pineapple 1% milk	<b>16</b> <b>Chicken Salad Deluxe</b> WW Bread* Fiesta Corn Salad (Corn, peppers, tomatoes) Shredded lettuce & tomato Banana 1% Milk	<b>17</b> <b>Roasted Turkey Sub</b> WW Bun* Cauli-Power Salad (Cauliflower, peas) Shredded lettuce Apple 1% Milk/ FF Choc. Milk	<b>18</b> <b>Buffalo Chicken Quesadilla</b> Whole Wheat Tortilla* Baby carrots Apple 1% Milk
2	<b>21</b> <b>Summer BBQ Chicken Salad</b> WW Roll* Sliced Cucumber Tomato sauce Apple 1% Milk	<b>22</b> <b>Family Picnic Pasta Salad</b> WW Pasta* Cucumber, tomato, shredded carrot in pasta salad Chopped romaine Orange 1% Milk	<b>23</b> <b>Kickin' Buffalo Chicken Wrap</b> WW Tortilla* Baby Carrots Shredded Lettuce & Tomato Banana 1% Milk	<b>24</b> <b>Roasted Turkey Sandwich</b> WW Bread* Broccoli Salad Shredded Lettuce Apple 1% Milk/ FF Choc. Milk	<b>25</b> <b>Southwest Salad</b> WW Roll* Corn, Tomato, Black beans & Romaine in salad Apple 1% Milk
3	<b>28</b> <b>Mija's Pizza Quesadilla</b> WW Tortilla* Sliced Cucumber Tomato sauce Apple 1% Milk	<b>29</b> <b>Turkey Taco Quesadilla</b> WW Tortilla* Sliced Cucumber Black Beans in taco Orange 1% Milk	<b>30</b> <b>Classic Chicken Caesar Wrap</b> WW Tortilla* Grape tomatoes Shredded lettuce Banana 1% Milk	<b>31</b> <b>Turkey Sub</b> WW Bun* Black bean & Corn Salad Shredded Lettuce Apple 1% Milk/ FF Choc. Milk	<b>1</b> <b>Cheesy Does It Quesadilla</b> WW Tortilla* Broccoli Pineapple salsa Apple 1% milk