

ZHS August 2017

Mon

Tue

Wed

Thu

Fri

		9 Chicken Tenders Mac and Cheese Sweet Potatoes Broccoli Fruit Choice Rolls Milk Choice	10 Red Beans and Sausage Rice Seasoned Green Beans Tossed Salad Fruit Choice Cornbread Milk Choice	11 Chili dogs/bun Tator tots Tomato and cucumber salad Tossed salad Fruit choice Milk choice
14 Salisbury Steaks and Gravy Mashed Potatoes Carrot Coins Tossed Salad Fruit Choice Rolls Milk Choice	15 Chicken and Sausage (Chicken gravy) Rice California blend Vegetables Tossed Salad Pineapples Milk Choice	16 Ground Beef Spaghetti Spinach Tossed Salad Fruit Choice Rolls Milk Choice	17 Baked/BBQ Chicken Roasted Potatoes Tomato and Cucumber salad Tossed Salad Fruit Choice Rolls Milk Choice	18 BBQ Sandwich on Bun Baked Beans Tossed Salad Fruit Choice Milk Choice
21 Meatball Subs Tator Tots Tossed Salad Fruit Choice Milk Choice	22 Red Beans and Sausage Rice Seasoned Green Beans Tossed Salad Fruit Choice Cornbread Milk Choice	23 Chicken and Sausage Fetti/ Pasta Peas Tossed Salad Fruit Choice Rolls Milk Choice	24 Beefy Nachos Refried Beans Corn Lettuce and Tomato Cup Fruit choice Milk choice Salsa, Jalapenos, and Sour	25 Gumbo Rice Potato Salad Seasoned Greens Fruit Choice Crackers Milk choice
28 Chicken Tenders Mac and Cheese California Blend Veggies Tossed Salad Fruit Choice Rolls	29 Lasagna Broccoli Tossed Salad Fruit Choice Garlic Rolls Milk Choice	30 Chicken Chunks/ Brw Gravy Rice Sweet Potatoes Tossed Salad Fruit Choice Rolls	31 Baked Chicken Loaded Mashed Potatoes Peas Tossed Salad Fruit Choice Roll	