



August 2026 – Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
3 Whole wheat ziti with chicken * (V) Lentil penne & tomato sauce w/ soy *#^ Grated cheese Tossed salad Fresh fruit	4 (V) Beans & Brown rice^ Tossed salad Tortilla* Fresh fruit	5 Shepherd's Pie (V) Chickpea curry with potatoes^ Pineapple/mango coleslaw Whole wheat bread/butter* Fresh fruit	6 (V) Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit	7 BBQ chicken (V) Mushroom stroganoff ^ California blend vegetables Whole wheat bread/butter* Fresh fruit
10 Turkey sloppy joe (V) Vegetarian sloppy joe ^ Corn & edamame Roll Fresh fruit	11 Chicken chili (V) Veg out chili^ Broccoli & cheese salad Whole wheat bread/butter* Fresh fruit	12 Chicken parmesan (V) Elbows, tomato sauce w/ soy*^ Zucchini & yellow squash Whole wheat bread/butter* Fresh fruit	13 Beef BBQ (V) BBQ with soy #^ Bean medley Roll Fresh fruit	14 (V) Whole wheat macaroni & cheese* Mixed vegetables Fresh fruit
17 Whole wheat Turk-a-roni* (V) White bean mushroom soup^ Grated cheese Southwest salad Fresh fruit	18 Teriyaki-style chicken (V) Broccoli & cheddar quinoa w/brown rice * Sugar snaps & carrots Whole wheat bread/butter* Fresh fruit	19 Chicken nuggets (V) Veggie nuggets^ Potato soup Whole wheat bread/butter* Fresh fruit	20 (V) Whole grain pizza* Garden salad Fresh fruit	21 (V) Spinach manicotti Winter blend vegetables Whole wheat bread/butter* Fresh fruit
24 Turkey taco w/whole wheat Tortilla* (V) Beans & brown rice burrito*^ Corn Grated cheese Fresh fruit	25 (V) Whole grain cheese melt * Tomato soup Fresh fruit	26 Stuffing topped chicken pot pie Apple coleslaw (V) Black bean tortilla soup^ Whole wheat bread/butter* Fresh fruit	27 Chicken thigh w/gravy (V) Picadillo^ Peas Whole wheat bread/butter * Fresh fruit	28 Chicken Alfredo with tri-color pasta (V) Tri-color pasta alfredo Salad Fresh fruit
31 Dirty brown rice with beef* (V) Dirty brown rice^ Spinach salad Fresh fruit			<i>Age-appropriate milk must be served with lunch</i>	<i>Fresh fruits include but are not limited to: apples, oranges, bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe. This institution is an equal opportunity provider</i>

(V) Vegetarian meal
 #Gluten free

*Whole grain
 ^Vegan

***For Infant through Toddler (SH) and Preschool (McL) classrooms, children will receive cooked vegetables instead of salad and coleslaw. GFC offers a rotation of green beans, carrots, peas, broccoli and yellow squash.**

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