



OLPH Lunch Menu August 2008

Monday **Tuesday** **Wednesday** **Thursday** **Friday**

School Lunches must meet recommendations of the Dietary Guidelines for Americans.
 *No more than 30% of calories from fat and less than 10% from saturated fat averaged weekly.
 *Lunches contain 1/3 of the Reference Daily Intake of Protein, Vitamin A, Vitamin C, Iron, and Calcium.

	4	5	6	7	8
					Shepherd's Pie or Salisbury Steak Fluffy Mashed Potatoes Seasoned Green Peas Iced Cake
11	12	13	14	15	
Popcorn Chicken Mashed Potatoes Seasoned Green Beans Whole Wheat Roll Chocolate Chip Cookie	Beef Tacos w/ Cheese Mexican Rice- H.S. Lettuce & Tomatoes Seasoned Corn Cinnamon Stick	Meatballs in Red Gravy With Pasta Crisp Caesar Salad Chilled Pears with Cherry Italian Seeded Bread	Chicken Teriyaki Fried Rice Stir Fried Vegetables Chilled Pineapple Whole Wheat Roll	Shrimp Poppers Macaroni and Cheese Seasoned Broccoli Chilled Tropical Fruit Whole Wheat Roll	
18	19	20	21	22	
Red/White Beans with Ham and Sausage Fluffy Rice Crisp Green Salad Chilled Peaches with Cherry Cornbread or Corn Roll	Mexican Pizza Seasoned Rice-H.S. Buttered Corn Crisp Tossed Salad Cinnamon Roll	Italian Macaroni Bake Veal Parmesan & Spaghetti - H or Lasagna - HS Seasoned Green Peas Apple Crisp Garlic Roll	Chicken/Sausage Jambalaya Crisp Garden Salad Chilled Orange Wedges Whole Wheat Roll Ernie Cookie	Fish Strips or Catfish Potato Salad Seasoned Green Beans Whole Wheat Roll Iced Brownie	
25	26	27	28	29	
Chicken Strips Fluffy Mashed Potatoes Chilled Mixed Fruit Hot Biscuit Vanilla/Chocolate Pudding	Beef Tacos w/ Cheese Seasoned Rice- H. S. Lettuce & Tomatoes Seasoned Corn Cinnamon Stick	Italian Meatsauce With Rotini Seasoned Green Peas Chilled Pears with Cherry School-Made French Bread	Baked Chicken Rice and Gravy Spinach in Cheese Sauce Cinnamon Apples Whole Wheat Roll	STUDENT CHOICE	

CHECK OUT OUR WEBSITE: www.schoolcafe.org
 Please note: Menus are subject to change without notice.
 Choice of milk is offered daily. Sandwiches are served with 2 fruit/vegetables and milk.
 Schools with one serving line can have a sandwich entree once a week, however it cannot replace a commodity meal.