

Diocese of Lake Charles

August 2019

Mon	Tue	Wed	Thu	Fri
CHOICE OF MILK 1% White Fat Free Chocolate Fat Free Strawberry MENUS SUBJECT TO CHANGE	Notification: Peanuts/Peanut Butter are not used in our meals. However, some products may contain nuts, may be produced in plants that use nuts and may contain traces of nuts.	<i>This institution is an equal opportunity provider.</i> August 7, 2019	1	2
5	6	7	8	OLI Starts 9 Nachos Cheese/JP/SC IB Lettuce 1/4 Sweet K. Corn 1/2 Fruit Choice 1/2 WG Cinnamon Roll
12	13	14	15	16
Italian Meat Sauce WG Spaghetti 1/2 Green Beans 1/2 DG's Salad 1/4-1/2 Pineapple Tidbits 1/2 HS Fruit 1/2 WG Garlic Roll	Chicken Nuggets Sweet Potato Fries or Sweet Pot. Puffs 1/2 Celery Sticks 1/4-1/2 Applesauce 1/2 HS Fruit 1/2 WG Dessert 3/4-1 GB (HS)	Salisbury Steak, G. Creamy Potatoes 1/2 Garden DG Salad 1/4 Cherry Tom. 1/4 HS Peach Slices 1/2 HS Fruit 1/2 WG Yeast Roll	Chicken Stew Brown Rice 1/2-1 cup (HS) Black Eye Peas 1/2 Fresh Baby Carrots 1/4-1/2 Apple Wedges 1/2 H. S. Fruit 1/2	Baked Potato 1/2 cup Cheese/SC/BB) Broccoli 1/2 Fruit Mix 1/2 HS. Fruit 1/2 WG Cinnamon Roll
19	20	21	22	23
Nachos Grande GB/Cheese/JP/SC Salsa OR Diced Tom. 1/8 IB Lettuce 1/8 Pinto Beans 1/2 Sweet Kernel Corn 1/4 Peach Slices 1/2 H. S. Fruit 1/2	Hamburger Hamburger Bun Tomato Slices 1/4 IB Lettuce 1/8 - 1/2 French Fries 1/2 Pear Slices 1/2 H. S. Fruit 1/2 WG Cookie Choice	Chicken Alfredo WG Pasta 1/2 Yam Patty 1/2 Garden DG's 1/4-1/2 Orange Smiles 1/2 H. S. Fruit 1/2 WG Garlic Roll	Pork Roast, Gravy Brown Rice 1/2 -1 cup (HS) Sweet Peas 1/2 Cauliflower 1/4-1/2 Cheese Sauce Spiced Apples 1/2 H. S. Fruit 1/2	Fish Portion Broccoli 1/2 (Fresh) Dip for Broccoli Buttered Carrots 1/4-1/2 Pineapple Tidbits 1/2 H. S. Fruit 1/2 WG Yeast Roll OR HB Bun (Fish Portion)
26	27	28	29	30
WG Corn Dog French Fries 1/2 Mexican Beans 1/2 Fruit Mix 1/2 HS Fruit 1/2 WG Dessert Choice	Meat Balls & Gravy Brown Rice 1/2- 1 cup (HS) Broccoli 1/2 Cheese Sauce Yam Patty 1/4-1/2 Fruit Choice 1/2 HS Fruit 1/2	Chicken Nuggets Mac & Cheese 1/2 Fresh Baby Carrots 1/4 Cherry Tomatoes 1/4 Cucumber Sticks 1/4-1/2 Dip for Vegetables Pear Slices 1/2 H. S. Fruit 1/2	Baked Chicken, G. Brown Rice 1/2- 1 cup (HS) Lima Beans 1/2 Buttered Carrots 1/4-1/2 Applesauce 1/2 HS Fruit 1/2	Nachos Cheese/JP/SC IB Lettuce 1/4-1/2 Sweet K. Corn 1/2 Apple Wedges 1/2 HS Fruit 1/2 WG Cinnamon Roll