

August Menu

Monday

Tuesday

Wednesday

Thursday

Friday



Breakfast: 5
Rice Krispies Cereal with Fresh Banana
Lunch
Turkey Ham and cheese WGR Deli Sandwich
Potato Wedges
Tropical Fruit Salad (red papaya, pineapple, yellow papaya, and banana)

Breakfast: 6
WGR French Toast Sticks
Fresh Apple
Lunch
Diced Chicken with WGR Rice
Glazed Carrots
Mandarin Oranges

Breakfast: 7
Yogurt & Graham Crackers and Fresh Apple
Lunch
Crispy Chicken Wrap Lettuce w/Ranch WGR
Tortilla and Pineapple

Breakfast: 8
WGR Cinnamon Snack Bar with
Apple Sauce Cup
Lunch
WGR Nachos w/Turkey chili and cheese
Sliced Tomatoes
Fresh Orange

Breakfast: 9
Banana Bread with Fresh Banana
Lunch
Smothered Turkey Meatballs w/ gravy
WGR Bread
Fluffy Mashed potatoes
Fresh Apple

Breakfast: 12
Cracker Graham Bites
Fresh Apple
Lunch
Chicken Nuggets with ketchup
WGR Roll
Vegetarian Baked Beans, Diced Peaches

Breakfast: 13
Bagels with Cream Cheese + Fresh Apple
Lunch
WGR Spaghetti with Turkey Meatballs in
Marinara
Green Beans
Applesauce

Breakfast: 14
Sausage Biscuit
Fresh Apple
Lunch
Chargrilled Chicken Wrap with Cheese
WGR Tortilla
Spinach Salad w/Ranch + Pineapple

Breakfast: 15
Waffle Bites
Fresh Orange
Lunch
Chicken Fila on WGR Bun
Baked French Fries
Mandarin Oranges

Breakfast: 16
Super Donut
Fresh Banana
Lunch
Macaroni and Cheese
Collard Greens
Banana

Breakfast: 19
Eggs with toast and jelly, Apple Sauce Cup
Lunch:
Chicken Tenders, WGR Roll, Roasted Diced
Potatoes, Fresh Orange

Breakfast: 20
Cinnamon Toast Bar + Fresh Apple
Lunch
WGR Spaghetti with Turkey Meatballs in
Marinara
Fresh Collard Greens
Fresh Orange

Breakfast: 21
French Toast Sticks Fresh Pear
Lunch:
Hot Dog on WGR bread, Pinto Beans,
Applesauce

Breakfast: 22
Banana Bread Fresh Apple
Lunch:
WGR Cheese breadsticks w/marinara
sauce, Tossed Salad with shredded carrots
and ranch Oranges

Breakfast: 23
Super Donut
Fresh Banana
Lunch:
Turkey and cheese WGR Burrito, Pinto Beans,
Fresh Orange

Breakfast: 26
French Toast and Sausage and Fresh
Orange
Lunch
Chicken with cheese Soft Tacos on WGR
Tortilla, Yellow Corn, Apples

Breakfast: 27
Bagels with Cream Cheese and Fresh Pear
Lunch
WGR Spaghetti with Turkey Meatballs in
Marinara
Green Beans
Fresh Banana

Breakfast: 28
Pancakes with sausage and Fresh Apple
Lunch
Cheeseburger on WGR Bun, French Fries,
Fresh Orange

Breakfast: 29
Banana Bread Fresh Apple
Lunch:
WGR Mozzarella Pizza
House Salad w/shredded carrots and
ranch, Pear

Breakfast: 30
Super Donut
Apple Sauce
Lunch
Baked Beefaroni with Turkey Meat
w/Cheese and Marinara sauce,
Collard Greens, Fresh Apple