

AUGUST 2021

OLG CATHOLIC SCHOOL

LUNCH



School Information:
8/15/21: 25 Years Jubilee



August is Family Meals Month! Family meals around the table provide an opportunity to spend time together. Make time for family meals when planning your household's schedule each week. Try to cook, eat and clean up together!

Reference: USDA MyPlate

MONDAY

2

TUESDAY

3

WEDNESDAY

4

THURSDAY

5

FRIDAY

6

9

Beef Nachos
Lettuce & Tomato
Fruit and Milk

10

Chicken Patty
Lettuce & Tomato
Tater Tots
Cookies and Milk

11

Spaghetti
Salad
Fruit and Milk

12

Pancakes
Eggs
Tater Tots
Fruit and Milk

13

16

Hot Dogs w/Chili
Tater Tots
Pickle
Fruit and Milk

17

Beef Taco
Lettuce & Tomato
Fruit and Milk

18

Chicken Salad Sandwich
Lettuce
Baby Carrots
Fruit and Milk

19

Spaghetti
Salad
Fruit and Milk

20

Grilled Cheese
Salad
Chips
Fruit and Milk

23

Hamburgers
Let Tom Pick
Tater Tots
Fruit and Milk

24

Beef Nachos
Lettuce & Tomato
Fruit and Milk

25

BBQ Chicken
Potatoes
Green Beans
Fruit and Milk

26

Pizza Burger
Lettuce & Tomato
Chips
Fruit and Milk

27

Quesadilla w/Salsa
Beans
Salad
Fruit and Milk

30

Chicken Patty Sandwich
Lettuce & Tomato
Tater Tots
Fruit and Milk

31

Beef Nachos
Lettuce & Tomato
Fruit and Milk

