

A YUMMY AUGUST ORGANIC & NATURAL LUNCH MENU FOR TRUE NORTH CLASSICAL ACADEMY

*Daily Beverage Options Are: 1% Milk and Nonfat Chocolate Milk

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: center;">19</p> <p>Option #1: Low Fat Chicken Penne Alfredo, Roasted Butternut Squash, Fresh Fruit</p> <p>Option #2: Grilled Chicken over Pasta w/Tomato Sauce, Roasted Butternut Squash, Fresh Fruit</p>	<p style="text-align: center;">20</p> <p>Option #1: Lean Beef Tacos, Brown Rice, Black Beans, Fresh Fruit</p>	<p style="text-align: center;">21</p> <p>Option #1: Lemon Pepper Chicken w/Lo Mein Noodles, Roasted Broccoli, Fresh Fruit</p> <p>Option #2: Grilled Cheese, Roasted Broccoli, Fresh Fruit</p>	<p style="text-align: center;">22</p> <p>Option #1: Mac & Cheese, Roasted Sweet Peas, Fresh Fruit</p> <p>Option #2: Turkey Meatball Sub, Roasted Sweet Peas, Fresh Fruit</p>	<p style="text-align: center;">22</p> <p>PIZZA DAY Cheese Pizza (1 slice), Cucumbers & Dip, Fresh Fruit</p>
<p style="text-align: center;">25</p> <p>Option #1: Chicken Nuggets, WW Roll, Roasted Haricot Vert w/Garlic & Shallots, Fresh Fruit</p>	<p style="text-align: center;">26</p> <p>Option #1: Lean Beef Gyro w/Sauteed Tomatoes, Onions & Peppers, WW Pita Bread, Roasted Potatoes, Fresh Fruit</p>	<p style="text-align: center;">27</p> <p>Option #1: “Make Your Own Yummy...” Chicken Fajitas, Sauteed Mushrooms, Peppers, & Onions, WW Tortilla, Brown Rice, Black Beans, Fresh Fruit</p> <p>Option #2: Grilled Cheese, Steamed Edamame, Fresh Fruit</p>	<p style="text-align: center;">28</p> <p>Option #1: Baked & Breaded Fish Sticks w/Slaw, WW Roll, Roasted Sweet Potatoes, Fresh Fruit</p> <p>Option #2: Mac & Cheese, Roasted Sweet Potatoes, Fresh Fruit</p>	<p style="text-align: center;">29</p> <p>PIZZA DAY Cheese Pizza (1 slice), Caesar Salad w/Grape Tomatoes, Fresh Fruit</p>