

**Palmer**  
**Lunch (Traditional Lunch), August - 2022**

| <b>1</b><br><b>Monday</b>   | <b>2</b><br><b>Tuesday</b>  | <b>3</b><br><b>Wednesday</b>  | <b>4</b><br><b>Thursday</b>   | <b>5</b><br><b>Friday</b>  |
|---|---|---|---|--|
|   |   |   |   |  |
| <b>8</b><br><b>Monday</b>   | <b>9</b><br><b>Tuesday</b>  | <b>10</b><br><b>Wednesday</b>   | <b>11</b><br><b>Thursday</b>  | <b>12</b><br><b>Friday</b>   |
|   |   |   |   |  |
| <b>15</b><br><b>Monday</b>  | <b>16</b><br><b>Tuesday</b>   | <b>17</b><br><b>Wednesday</b>   | <b>18</b><br><b>Thursday</b>  | <b>19</b><br><b>Friday</b>   |
|   |   |   |   |  |
| <b>22</b><br><b>Monday</b>  | <b>23</b><br><b>Tuesday</b>   | <b>24</b><br><b>Wednesday</b>   | <b>25</b><br><b>Thursday</b>  | <b>26</b><br><b>Friday</b>   |
| <b>ENTREE</b><br>Chicken Nuggets<br>Peanut Butter & Jelly Sandwich<br>Roasted Red Pepper Hummus Bowl<br>WOW Butter & Jelly Sandwich (Peanut-Free)<br><br><b>GRAINS</b><br>Dinner Roll<br><br><b>VEGETABLE</b><br>Baby Carrots<br>Mashed Potatoes<br><br><b>FRUIT</b><br>Blueberries-Frozen<br>Green Grapes<br>Peaches-Canned<br>Watermelon<br><br><b>MILK</b><br>True Moo 1 % White Milk<br>True Moo Fat Free Chocolate<br>True Moo Fat Free White Milk | <b>ENTREE</b><br>Beef Taco (1) pk-3rd<br>Beef Tacos (2) 4th-12th<br>Veggie Tacos<br>Yogurt Basket w/ Blueberry Muffin<br><br><b>GRAIN</b><br>Spanish Rice<br><br><b>VEGETABLE</b><br>Cucumber Coins & Tajin<br>Refried Beans-Homemade<br><br><b>FRUIT</b><br>Applesauce, Canned<br>Cantaloupe<br>Plum<br>Strawberries-Frozen<br><br><b>MILK</b><br>True Moo 1 % White Milk<br>True Moo Fat Free Chocolate<br>True Moo Fat Free White Milk | <b>ENTREE</b><br>Black Bean Burger<br>Cheeseburger<br>Peanut Butter & Jelly Sandwich<br>WOW Butter & Jelly Sandwich (Peanut-Free)<br><br><b>VEGETABLE</b><br>Curly Fries<br><br><b>FRUIT</b><br>Honeydew<br>Mango Chunks<br>Pears-Canned-Diced<br>Red Grapes<br><br><b>MILK</b><br>True Moo 1 % White Milk<br>True Moo Fat Free Chocolate<br>True Moo Fat Free White Milk | <b>ENTREE</b><br>Alfredo Pasta<br>Chicken Alfredo<br>Yogurt Basket with Cinnamon Pita Crisps<br><br><b>GRAINS</b><br>Garlic Bread (Fleischmann's yeast)<br><br><b>VEGETABLE</b><br>Italian Green Beans<br>Steamed Broccoli<br><br><b>FRUIT</b><br>Blueberries-Frozen<br>Grapefruit-Whole<br>Peaches-Canned<br>Watermelon<br><br><b>MILK</b><br>True Moo 1 % White Milk<br>True Moo Fat Free Chocolate<br>True Moo Fat Free White Milk | <b>ENTREE</b><br>All Beef Hot Dog<br>Garden Chili<br>Peanut Butter & Jelly Sandwich<br>WOW Butter & Jelly Sandwich (Peanut-Free)<br><br><b>GRAIN</b><br>Combread<br><br><b>VEGETABLE</b><br>Celery Sticks<br>Sweet Potato Tots<br><br><b>FRUIT</b><br>Applesauce, Canned<br>Cantaloupe<br>Plum<br>Strawberries-Frozen<br><br><b>MILK</b><br>True Moo 1 % White Milk<br>True Moo Fat Free Chocolate<br>True Moo Fat Free White Milk |

| <b>29</b><br><b>Monday</b>   | <b>30</b><br><b>Tuesday</b>  | <b>31</b><br><b>Wednesday</b>  |
|--|--|--|
| <p><b>ENTREE</b><br/>Mac &amp; Cheese<br/>Peanut Butter &amp; Jelly Sandwich<br/>WOW Butter &amp; Jelly Sandwich (Peanut-Free)</p> <p><b>VEGETABLE</b><br/>Baby Carrots<br/>Chilled Peas</p> <p><b>FRUIT</b><br/>Blueberries-Frozen<br/>Green Grapes<br/>Peaches-Canned<br/>Watermelon</p> <p><b>MILK</b><br/>True Moo 1 % White Milk<br/>True Moo Fat Free Chocolate<br/>True Moo Fat Free White Milk</p> | <p><b>ENTREE</b><br/>Cheese Quesadilla<br/>Chicken Quesadilla<br/>Yogurt Basket w/ Blueberry Muffin</p> <p><b>VEGETABLE</b><br/>Cucumber Coins &amp; Tajin<br/>Refried Beans-Homemade</p> <p><b>FRUIT</b><br/>Applesauce, Canned<br/>Cantaloupe<br/>Plum<br/>Strawberries-Frozen</p> <p><b>MILK</b><br/>True Moo 1 % White Milk<br/>True Moo Fat Free Chocolate<br/>True Moo Fat Free White Milk</p> | <p><b>ENTREE</b><br/>Homemade Falafel with Flat Bread<br/>Peanut Butter &amp; Jelly Sandwich<br/>Pulled BBQ Pork Sandwich<br/>WOW Butter &amp; Jelly Sandwich (Peanut-Free)</p> <p><b>VEGETABLE</b><br/>Cheesy Green Beans<br/>Cherry Tomatoes</p> <p><b>FRUIT</b><br/>Honeydew<br/>Mango Chunks<br/>Pears-Canned-Diced<br/>Red Grapes</p> <p><b>MILK</b><br/>True Moo 1 % White Milk<br/>True Moo Fat Free Chocolate<br/>True Moo Fat Free White Milk</p> |

This institution is an equal opportunity provider.