

ELLIS AUGUST 2022 MENU



iCater

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Breakfast – Corn flakes, Milk, Orange</p> <p>Lunch – Lunch Beef Tacos with Rice and Beans and German Blend veg Milk / Honey Dew Melon</p> <p>Snack – Animal Crackers, Apple</p> <p>1</p>	<p>Breakfast – Cheerios, Milk, Apple</p> <p>Lunch –Salisbury Steak with Gravy, Roasted Potatoes, Carrots, WW Dinner Roll</p> <p>Milk / Orange</p> <p>Snack- Graham Crackers, Yogurt</p> <p>2</p>	<p>Breakfast – WW Bagel, Cream Cheese, Milk, Banana</p> <p>Lunch – Blueberry Pancakes, Sausage Links, Tater Tots, Whole Wheat Bread Slice, Syrup, Apple</p> <p>Snack – Cheez-its and apple</p> <p>3</p>	<p>Breakfast – Muffin, Milk, Apple</p> <p>Lunch –Chicken Nuggets w/ Sweet & Sour Dipping Sauce , Cali Gold Veg, WW Dinner Roll Milk / Mandarin</p> <p>Snack – Goldfish Crackers, Orange</p> <p>4</p>	<p>Breakfast – Kix Cereal, Milk, Banana</p> <p>Lunch – Cheese Ravioli and meatballs with marinara, green Beans, WW Dinner Roll, Butter / Milk / Chilled Pears</p> <p>Snack - Cheddar Cheese sticks, Apple</p> <p>5</p>
<p>Breakfast – Corn flakes, Milk, Orange</p> <p>Lunch- Breaded Fish Nuggets, Ketchup, , Italian Green Beans, WW Dinner Roll Milk / Cantaloupe</p> <p>Snack – Goldfish Graham cinnamon, Apple</p> <p>8</p>	<p>Breakfast – Cheerios, Milk, Apple</p> <p>Lunch – Meat Lasagna, Mixed veg, Whole Wheat Bread Slice w/Butter Milk /Chilled Peaches</p> <p>Snack – Pita Chips, Orange</p> <p>9</p>	<p>Breakfast – WW Bagel, Cream Cheese, Milk, Banana</p> <p>Lunch –Mac & Cheese, WW Roll and Garden Vegetables, Milk / Honey Dew</p> <p>Snack – Graham Crackers, Apple</p> <p>10</p>	<p>Breakfast – Muffin, Milk, Apple</p> <p>Lunch –Cheeseburger Lettuce, Cheese, Ketchup, Whole Wheat Burger Bun, Cauliflower. Milk /Orange</p> <p>Snack – Animal Crackers, Cheddar cheese stick</p> <p>11</p>	<p>Breakfast – Kix Cereal, Milk, Banana</p> <p>Lunch –Chicken Pot Stickers with Peas & Carrots, Soy Sauce and Whole Wheat Dinner Roll w/ Butter Milk / Apples Snack – Yogurt, Orange</p> <p>12</p>
<p>Breakfast – Corn flakes, Milk, Orange</p> <p>Lunch –Garlic Parmesan Chicken Breast, Mashed Potatoes, Green Beans, WW Bread Slice w/Butter Milk / Chilled Mandarins</p> <p>Snack- Yogurt, Apple</p> <p>15</p>	<p>Breakfast – Cheerios, Milk, Apple</p> <p>Lunch – Meat Lasagna w/ mixed vegetables</p> <p>Whole Wheat Dinner Roll w/Butter Milk / Cantaloupe</p> <p>Snack –Cheddar cheese sticks and saltines</p> <p>16</p>	<p>Breakfast –WW Bagel, Cream Cheese, Milk, Banana</p> <p>Lunch- Apple Pancakes, Sausage Links, Tater Tots, Whole Wheat Bread Slice, Syrup, Chilled Peaches</p> <p>Snack – Cheez-its, Apple</p> <p>17</p>	<p>Breakfast – Muffin, Milk, Apple</p> <p>Lunch –Meatball Subs with Shredded Mozzarella, Whole Wheat Sub Roll, Green beans/ Milk / Honeydew</p> <p>Snack – Animal Crackers, Orange</p> <p>18</p>	<p>Breakfast – Kix Cereal, Milk, Banana</p> <p>Lunch- Roast Turkey with Gravy, Mashed Sweet Potatoes and Mixed Vegetables Milk / Orange</p> <p>Snack – Yogurt, Apple</p> <p>19</p>
<p>Breakfast – Corn flakes, Milk, Orange Lunch –Chicken Parm Whole Wheat Pasta</p> <p>San Fran Veg Milk /Apple</p> <p>Snack – Goldfish Graham Cinnamon, Orange</p> <p>22</p>	<p>Breakfast – Cheerios, Milk, Apple</p> <p>Lunch –Breaded Chicken Tenders with BBQ Dipping Sauce with Carrots and WW Dinner Roll Milk / Fruit Snack – Cheez-its, Cheddar cheese stick</p> <p>23</p>	<p>Breakfast – WW Bagel, Cream Cheese, Milk, Banana</p> <p>Lunch – Penne Pasta with Meat Sauce, Italian Green beans, Whole Wheat Slice, Milk / Chilled Pears</p> <p>Snack – Yogurt, Apple</p> <p>24</p>	<p>Breakfast – Muffin, Milk, Apple</p> <p>Lunch – Cheeseburger, Lettuce, Cheese, Whole Wheat Bun, Ketchup, Mixed Vegetables Milk / Cantaloupe</p> <p>Snack –Saltines, Orange</p> <p>25</p>	<p>Breakfast – Kix Cereal, Milk, Banana</p> <p>Lunch –Mac & Cheese, Green Beans, WW Roll Milk / Chilled Peaches</p> <p>Snack – Animal Crackers, Apple</p> <p>26</p>
<p>Breakfast – Corn flakes, Milk, Orange</p> <p>Lunch – Lunch Beef Tacos with Rice and Beans and German Blend veg Milk / Honey Dew Melon</p> <p>Snack – Animal Crackers, Apple</p> <p>29</p>	<p>Breakfast – Cheerios, Milk, Apple</p> <p>Lunch –Salisbury Steak with Gravy, Roasted Potatoes, Carrots, WW Dinner Roll</p> <p>Milk / Orange</p> <p>Snack- Graham Crackers, Yogurt</p> <p>30</p>	<p>Breakfast – WW Bagel, Cream Cheese, Milk, Banana</p> <p>Lunch – Blueberry Pancakes, Sausage Links, Tater Tots, Whole Wheat Bread Slice, Syrup, Apple</p> <p>Snack – Cheez-its and apple</p> <p>31</p>		