

Merritt Academy

August 2022

Monday	Tuesday	Wednesday	Thursday	Friday
MEATLESS MONDAYS 1	2	3	4	ON THE GRILL 5
Individual Cheese Pizza Green Beans Fresh or Chilled Fruit Pretzels Bananas	Chicken Tenders Brussel Sprouts Fresh or Chilled Fruit Vanilla Pudding Tropical Fruit	Sloppy Joe w/ Whole Wheat Bun Carrots Fresh or Chilled Fruit Graham Crackers Cantaloupe	Tuna Salad w/ Whole Wheat Bun Cauliflower Fresh or Chilled Fruit Vanilla Wafers Apple Slices	Cheeseburger on Whole Wheat Bun w/ Broccoli Fresh or Chilled Fruit Goldfish Bananas
8	9	10	11	12
Cheese Tortellini w/ Marinara Sauce Whole Wheat Roll w/ Corn Fresh or Chilled Fruit Yogurt Honey Dew	Popcorn Chicken w/ Whole Wheat Roll Mix Vegetables Fresh or Chilled Fruit Cheez it Crackers Applesauce	Philly Steak and Cheese on Whole Wheat Sub w/ Green Beans Fresh or Chilled Fruit Carrot Sticks w/ Ranch Dressing Watermelon	Pancakes w/ Syrup Turkey Sausage Fresh or Chilled Fruit Lorna Done Pineapples	Turkey Spinach and Cheese Wrap Chips Fresh or Chilled Fruit Fig Newtons Apple Slices
15	16	17	18	19
Mac & Cheese Broccoli w/ Whole Wheat Roll Fresh and Chilled Fruit Teddy Grams Tropical Fruit	Spaghetti and Turkey Meatballs w/ Marina Sauce Green Peas Fresh or Chilled Fruit Nutri Gran Bars Cantaloupe	ON THE GRILL Beef Hot Dogs w/ Whole Wheat Roll w/ Mix Vegetables Fresh or Chilled Fruit Vanilla Wafers Bananas	NO SCHOOL	NO SCHOOL
22	23	24	25	26
NO SCHOOL	Chicken Nuggets Cucumbers w/ Ranch Dressing Fresh or Chilled Fruit Animal Crackers Tropical Fruit	Spring Rolls w/ Whole Wheat Roll Carrots Fresh or Chilled Fruit Mini Muffins Honey Dew	French Toast Sticks w/ Syrup Turkey Sausage Fresh or Chilled Fruit Ritz Crackers and Hummus Peaches	ON THE GRILL BBQ Chicken w/ Whole Wheat Roll Salad w/ Ranch Dressing Fresh or Chilled Fruit String Cheese Bananas
29	30	31		
Cheese Ravioli w/ Marinara Sauce Zucchini Fresh or Chilled Fruit Graham Crackers Watermelon	Tacos – Ground Beef w/ lettuce, Cheddar Cheese, Salsa, Tortilla Wraps Fresh or Chilled Fruit Goldfish Pineapples	Creamy Chicken Penne Alfredo Mix Vegetables w/ Whole Wheat Roll Fresh or Chilled Fruit Saltine Crackers and Jelly Applesauce		

