

RFMA AUGUST MENU

2024

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
5	6	7	8	9 <i>Banana Bread</i> <i>Vanilla Yogurt</i> <i>100% Juice</i> <i>Applesauce Cup</i> Mini Cheese Pizzabolis Marinara Dipping Sauce Steamed Peas Seasonal Fruit
12 <i>Apple Berry Crisp Bar A</i> <i>100% Juice</i> <i>Fresh Green Apple</i> Chicken Potstickers Soy Sauce Steamed Carrots Cinnamon Peaches	13 <i>Cheerios Bowl</i> <i>String Cheese</i> <i>Dried Apples</i> <i>Fresh Orange</i> Seasoned Beef Chili Shredded Cheddar Homemade Cornbread Baked French Fries Fruit Cup	14 <i>Mini Bagels w/Strawberry Cream</i> <i>Cheese</i> <i>100% Juice</i> <i>Applesauce Cup</i> Red Chicken Tamales Cheddar Cheese, Salsa Refried Beans Fresh Banana	15 <i>Cinnamon Roll</i> <i>Dried Fruit</i> <i>Fresh Banana</i> Chicken Parm Sandwich Marinara, Mozzarella Wheat Bun Steamed Broccoli Fresh Apple	16 <i>Apple Cinnamon Bread</i> <i>100% Juice</i> <i>Fruit Cup</i> Sun Butter & Jelly Sandwich Celery Sticks Ranch Dip Seasonal Fruit
19 <i>Blueberry Lemon Bar B</i> <i>100% Juice</i> <i>Fresh Apple</i> Breakfast Burrito Scrambled Eggs Cheddar Cheese, Salsa Hash Browns Blue Raspberry Sidekick	20 <i>Maple Waffle</i> <i>Dried Apples</i> <i>Fresh Orange</i> Chicken Nuggets Buttermilk Biscuit BBQ Sauce Carrots, Ranch Dip Green Apple	21 <i>Vanilla Yogurt</i> <i>Honey Granola</i> <i>100% Juice</i> <i>Sliced Peaches</i> Beef Meat Sauce Rotini Pasta Steamed Broccoli Cinnamon Peaches	22 <i>Banana Chocolate Chip Oatmeal</i> <i>Round</i> <i>Dried Fruit</i> <i>Fresh Banana</i> Chicken Fajitas Onions, Peppers Tortillas, Salsa Black Beans Orange Quarters	23 <i>Pumpkin Bread</i> <i>String Cheese</i> <i>100% Juice</i> <i>Applesauce Cup</i> Cheese Stuffed Breadsticks Marinara Dipping Sauce Mixed Veggies Cinnamon Apples
26 <i>Strawberry Cinnaboli</i> <i>100% Juice</i> <i>Fresh Apple</i> Turkey Hot Dog Wheat Bun, Ketchup Baked Beans Fruit Cup	27 <i>Cocoa Puffs Bowl</i> <i>Dried Apples</i> <i>Fresh Orange</i> Orange Chicken Brown Rice Steamed Carrots Cinnamon Apples	28 <i>Lemon Poppyseed Bread</i> <i>String Cheese</i> <i>100% Juice</i> <i>Fruit Cup</i> Meatballs in Marinara Garlic Knot Steamed Broccoli Fresh Banana	29 <i>Strawberry Crisp Bar A</i> <i>Dried Fruit</i> <i>Fresh Banana</i> Crispy Chicken Sandwich Wheat Bun Buffalo Sauce Steamed Corn Orange Quarters	30 <i>Banana Bread</i> <i>Vanilla Yogurt</i> <i>100% Juice</i> <i>Applesauce Cup</i> Ham & Cheese Sandwich Deli Ham Sliced Provolone Celery Sticks Ranch Dip Seasonal Fruit

*This institution is an equal opportunity provider.

**All meals are served with a choice of 1% or skim white milk. Chocolate milk is offered on Fridays.

***This menu is subject to change based on item availability

****Shelf stable meal kits available upon request.

Our menu items may contain milk, eggs, wheat, soy, sesame, fish or shellfish.