



MIZELL CENTER

AUGUST 2022 MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Shepherd's Pie w/ mashed potatoes Veggie carribbean blend Whole Wheat Roll Juice & Yogurt Milk	2 Chicken Salad Sandwhich Beet & Garbanzo Salad Baked Potato Chips Orange Milk	3 Egg Noodles w/ Swedish Meatballs Winter Veggie Blend Whole Wheat Roll Fruit Cup Milk	4 Roasted Skinless Chicken Broccoli Farfalle Pasta Whole Wheat Roll Banana Milk	5 Roast Pork Loin w/ Gravy Capri Vegetables Country Potatoes w/ Fajita Corn Bread Mandarin Oranges  Milk
8 Chicken Caesar Salad Whole Wheat Roll Juice & Yogurt  Milk	9 Beef Lasagna Italian Vegetables Garlic Bread Orange Milk	10 Chicken Alfredo Farfalle Pasta San Francisco Blend Whole Wheat Roll Apple Sauce Milk	11 Chili Beans Tricolor Cauliflower Florets Corn Bread Diced Peaches Cookie/ Wkn. Frozen Meal Milk	12 BBQ Chicken Carrots Rice Pilaf, Dinner Roll Mandarin Oranges Pudding/ Wkn. Frozen Meal Milk
15 Baked Glazed Ham Mashed Potatoes Green Beans Wheat Roll Juice & Yogurt  Milk	16 Tuna Salad Sandwich on Whole Wheat Bread Lettuce Leaf Tomato Slice Shelled Edamame Baked Potato Chips, Orange Milk	17 Baked Cod Vegetable Blend Jasmine Rice Hawaiian Roll Fruit Cocktail Milk	18 Beef Stew w/potatoes & carrots Cauliflower Colored Florets Whole Wheat Roll Mixed Tropical Fruit, Cake Cookie/ Wkn. Frozen Meal Milk	19 Chicken Florentine Key Largo Vegetables Rice Pilaf, Whole Wheat Roll Pineapple tidbits Pudding/ Wkn. Frozen Meal Milk
22 Oven Fried Chicken w/Country Gravy, Potatoes O'Brian w/Bell Pep Carrots & Peas Whole Wheat Roll Juice & Yogurt  Milk	23 Egg Salad Sandwich on WW Beet & Garbanzo Salad Lettuce Leaf Tomato Slice Mandarin Oranges Milk	24 Vegetable Lasagna Cauliflower Colored Florets Garlic Bread Tropical Fruit Milk	25 Meat Loaf Redskins & Vegetables Chuckwagon Corn Whole Wheat Roll, Orange Cookie/ Wkn. Frozen Meal Milk	26 Herb Baked Chicken Rice Pilaf, Scandinavian Blend Whole Wheat Roll Pineapple tidbits Pudding/ Wkn. Frozen Meal Milk
29 Turkey Sloppy Joes on WW bun w/ lettuce & tomato Tater Tots House-made Coleslaw Juice & Yogurt Milk	30 Cheese/Herb Raviolis with Marinara Sauce Cauliflower Tricolor Mix Garlic Bread Milk	31 Beef Lasagna Italian Vegetables Garlic Bread Diced Pineapple Milk		

NOTE FROM NUTRITION DEPT.:

Menu subject to change without notice