

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Aug

FEED YOUR CREATIVITY



Announcements:



Submit Your Artwork!

GBD can = Fruit crisp, brownies, rice crispies or pear bake

Menus are subject to change



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13

Cereal and Toast 16

Burger Choice, Oven baked Fries, Fruit Cup, Garnish

French Toast and Sausage 17

Nachos Grande, Charro Beans, Apricot halves

Breakfast Parfait 18

Grilled Chicken Sandwich, Garden Salad, Veggie Cup, Fruity Jell-O, Chips

Pancake Wrap and Yogurt 19

Asian Bowl, Broccoli, Mandarin Oranges, Corn

Cinnamon Roll And Sausage 20

Pizza, Green Beans, Carrot coins, Fresh Fruit cup, GBD

Cereal and Toast 23

Steak Fingers, Mashed Potatoes, Gravy, Okra, roll, Strawberries

Breakfast Taquito 24

Tex-Mex-Stack, Refried Beans, Carrots, Salsa, Sherbet, Hot Cinnamon Apples, Rice(hs/jh only)

Breakfast Pizza 25

Chicken Alfredo, Breadstick, Green Beans, Garden Salad, Peaches

Oatmeal and Toast 26

Popcorn Chicken, Corn, Broccoli salad, Fresh Apples, Roll, GBD

Donuts and Sausage 27

Texas Chicken basket, tomato cup, snowball salad

Cereal and Toast 30

Meat and Cheese Chalupas, Refried beans, Corn, Salsa, Rice(hs/jh only) Pudding Oranges

Biscuit and Sausage 31

Chicken and Waffles, Veggie Cup, Fries, Strawberries and Bananas, roll



TEXAS DEPARTMENT OF AGRICULTURE
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August

WEEK OF: _____

ANNOUNCEMENTS:

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Food and Nutrition Division
Nutrition Assistance Programs



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Updated 1/1/2021
www.SquareMeals.org

FEED YOUR CREATIVITY August

Recipes list

TODAY'S MENU:

Fruit Cup: 100 servings = 4 lbs. of Apples, 1/2 cup orange juice, 2 # 10 can diced peaches with juice, 2# 10 cans mixed Fruit, drained. Core and dice apples, toss apples in orange juice until coated. Mix canned fruit and apples together. Serve using 4 oz. spoodle.

Nachos Grande: 105 Servings = 20 lbs. ground beef, 2 6.6oz packages taco seasoning, 3qt water, 4 bags of cheese sauce, 13 lbs. 2 oz. tortilla chips, use 2 LB red boat with this recipe.

Fresh Veggie Cup: 50 servings = 4lbs 2 oz. cherry tomatoes, 3 lbs fresh bell peppers, 3 lbs. sliced zucchini, 4 lbs. fresh cucumber slices. Wash and Slice Vegetables, Place 3 cherry tomatoes **OR** 1/4 c red bell pepper strips, **AND** 1/4 c zucchini slices **OR** 1/4 c cucumber slices in each serving container.

Fruity Jell-O: 97 servings = 48 oz. jello mix, 5 #10 cans + 4 1/2 c Mixed fruit, canned, Drained. Make jello according to directions on package. Portion 1/2 c drained fruit into cup, pour jello over the fruit

Asian Bowl: 100 servings = 25 lbs. tangerine chicken, 18 lbs. Teriyaki chicken, or other chicken. 11.5 lb rice (brown, long grain, instant or 12 lb 14 oz Asian Style Noodles. 100 egg rolls. Sweet and sour sauce. Prepare chicken according to package, prepare noodles and or rice according to package, 54 egg rolls per pan bake 21 minutes at 350, rotate rolls at 10 minutes. 8 oz scoop for rice, 12oz for meat place egg roll on top

Tex-Mex-Stack: 120 Servings = 20 lbs ground beef, 2 pkg taco seasoning (6.6 oz) 2 qt + 1 pint water, 7 lbs 8 oz corn chips, 7 lbs 8 oz shredded cheese. 1 oz corn chips, #12 scoop of meat, 1 oz cheese.

Chicken Alfredo: 100 servings = 6 lbs penne pasta, 10 lbs diced chicken, 2 pouches White cheese sauce, 1 tbsp. garlic salt.

ANNOUNCEMENTS:

Broccoli Salad: 85 servings = 4 1/2 lbs fresh broccoli, 2 cups ranch, 2 tbsp. sugar, 2 1/4 c shredded carrots, 1 1/2 lbs chopped tomatoes. Mix all together serve immediately

Meat and Cheese Chalupas: 80 Servings = 14 lbs ground beef, 1 pkg taco seasoning, 160 shells, 5 lbs shredded cheese.



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