



AUGUST 2023

Haak'u Community Academy

****This institution is an equal opportunity provider****

****Menu subject to change upon product availability**

Monday

Tuesday

Wednesday

Thursday

Friday

1

2

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4

Cr

7

8

9

10

11

Frito Pie

Lettuce/tomato garnish

Sidekick fruit cup

Chicken Quesadilla

Chuckwagon corn

Salsa

Fresh or canned fruit

Meatloaf

Mashed potato/gravy

Steamed carrots

Fresh or canned fruit

Crunchy Tacos

Pinto beans

Spanish rice

Fresh or canned fruit

Chicken Sandwich

Chicken patty on WW bun

Pork and beans

Fresh or canned fruit

Posole

Cucumber/tomato salad

Fresh oven bread

Fruit salad

**Macaroni and Cheese
with Diced Ham**

Steamed vegetables

Fresh or canned fruit

**Beef and Bean
Burrito**

Carrot sticks

Fresh or canned fruit

Cheeseburger

Lettuce/tomato garnish

Mixed vegetable

Fresh or canned fruit

**Ham and Cheese
Wrap**

Carrot salad

Fresh or canned fruit

Corn Dog

Steamed vegetables

Fresh or canned fruit

Tasting Day!

**Vegetable Beef
Stew**

Crackers

Carrots/snap peas

Fresh or canned fruit

Pork Roast

Mashed potato/gravy

Mixed veggies

WW roll

Cinnamon applesauce

Chicken Nuggets

Steamed vegetables

BBQ Sauce

Fresh or canned fruit

[Enter Additional Info]

**Spaghetti w/Meat
Sauce**

Fresh veggies w/ranch

Fresh or canned fruit

Birthday Celebration!

1% Low Fat or FF Chocolate milk offered daily