

AUGUST 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 B: Strawberry Muffins with Greek Yogurt L: Tortilla pizza, fruit D: Baked fish, kidney beans, veggie	31 B: Cereal, Banana L: Pack Lunch For ADT D: BBQ Chicken , Cottage Cheese, Green Beans					1 B: Pancakes, Eggs, Sausage L: Grilled Cheese, Fruit D: Smoked sausage, cabbage
2 B: Pancakes, bacon L: Ham & Swiss Sandwich, Baked Potato Chips, D: Veggie Gumbo, cornbread	3 B: Egg Bites, Fruit L: Pack Lunch For ADT D: Breakfast for Dinner (omelets, sausage, toast)	4 B: Mini Breakfast Quesadilla L: Pack Lunch For ADT D: Chili w/noodles, cornbread	5 B: Egg bites with yogurt L: Pack Lunch For ADT D: BLT W/ chips	6 B: Oatmeal, banana L: Pack Lunch For ADT D: Shepherd's Pie, mandarins	7 B: Cereal L: Pack Lunch For ADT D: Tuna Casserole, fresh fruit	8 B: Biscuit & Gravy Dippers, Eggs L: Meat/Cheese Rollup, Cottage Cheese, Veggies D: BBQ Shredded Pork, Brussel Sprouts, Pasta Salad
9 B: Bacon Egg Bites L: Stir fry & veggies D: Reuban Casserole, Fruit	10 B: Cheese and Sausage Frittata, Blueberries L: Pack Lunch For ADT D: Stuffed Peppers W/Ground beef & Rice	11 B: Cottage Cheese W/Mixed Fruit L: Pack Lunch For ADT D: Pizza, Salad	12 B: Yogurt with Granola and Mixed Frozen Berries L: Pack Lunch For ADT D: Shrimp & Cheesy Grits	13 B: Bacon & Eggs L: Pack Lunch For ADT D: BBQ Chicken Wings, Peas, applesauce	14 B: Oatmeal W/Blueberries, L: Pack Lunch For ADT D: Cheeseburgers, tater tots	15 B: English Muffin W/ Peanut Butter, Fruit L: Ham sandwich, fruit cup D: Pork Chops, Spinach, Carrots
16 B: Meat Lover's Breakfast Cups L: Turkey Club Sandwich, Fruit D: loaded nachos, Refried Beans	17 B: Cereal, banana L: Pack Lunch For ADT D: Lemon-Pepper Fish Fillets, carrots, Cauliflower	18 B: All-in-one Breakfast Burrito L: Pack Lunch For ADT D: Turkey burger, Cole slaw, fruit	19 B: Bacon & Egg Bites L: Pack Lunch For ADT D: Smoked Sausage sandwich, veggies, fruit	20 B: Strawberry Muffins L: Pack Lunch For ADT D: Shrimp Scampi, Steamed Broccoli	21 B: Cheesy Frittata, Fruit L: Pack Lunch For ADT D: Smothered Baked Chicken & Spinach, brown rice	22 B: Banana Mug Cake L: Chicken Salad, Apples, Almonds & Crackers D: Breakfast for Dinner (Pancakes & and Sausage)
23 B: Ham & Egg Omelet L: Hot Dog, Corn , Fruit D: Meatloaf, Mash potato Squash/Zucchini	24 B: Yogurt with Granola and Mixed Frozen Berries L: Pack Lunch For ADT D: Baked Spaghetti, Cheesy Garlic Bread	25 B: Sausage Patties, Scrambled Eggs L: Pack Lunch For ADT D: Chicken Bacon Ranch Salad, Mandarin Oranges	26 B: Blueberry Pancakes and sausage L: Pack lunch for ADT D: Cajun Chicken Breasts, Green Beans, Brown Rice	27 B: Sausage, Egg, Cheese Muffin L: Pack Lunch For ADT D: Beef tips W/ Gravy, Green Beans and Red potatoes	28 B: Cereal, Banana L: Pack Lunch For ADT D: Pizza, Sweet potato Fries	29 B: Oatmeal. Fruit L: Chicken Salad On Croissant D: Chicken Stir Fry