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| St. Martin Parish August 2023 Lunch Menu  |  |
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| Monday | Tuesday | Wednesday | Thursday | Friday |
|  | 1 | 2 | 3 | 4 |
|  |  |  |  |  |
| 7 | 8 | 9 | 10 | 11 |
|  |  |  |  |  |
| 14 | 15 | 16 | 17 | 18 |
| All-star Corn Dog Potato Rounds (1/2 cup)Fresh Apple Slices (1/2 cup)Frozen Mixed Fruit Cup (1/2 cup)Milk Variety **First Day!** | Chicken Nuggets Mac& Cheese (2/3 cup)Glazed Carrots (1/2 cup)Fresh FruitFrozen Mixed Fruit Cup (1/2 cup)Milk Variety (8 oz.) | Meat Loaf (3 oz.)Mashed Potatoes/gravy (1/2 cup)Green beans (1/2 cup)Fresh rollMilk Variety | Nachos (10 chips) / Cheese (2 oz.)Lettuce / Tomatoes CupSeasoned CornFresh Fruit Variety Cup (1/2 cup)Sugar CookieMilk Variety | Creamy Red Beans (1/2 cup) & Sausage (2 oz.)Steamed Rice (1/2 cup)Honey buttered Cornbread (2 oz.)Glazed Carrots (1/2 cup)Fresh Pears (1/2 cup)Milk Variety |
| 21 | 22 | 23 | 24 | 25 |
| Italian Spaghetti (1/2 cup) & Meat Sauce (2 oz.)Seasoned Corn (1/2 cup)Fresh orange Halves (1/2 cup)Green Beans (1/2 cup)Garlic Parmesan Roll (2 oz.)Milk Variety (8 oz.) | Buffalo Chicken Pocket (1 each)Potato Rounds (1/2 cup)Baked Beans (1/2 cup)Cranberries (1/2 cup) Fresh Fruit (1/2 cup)Milk Variety (8 oz.) | Oven Fried Chicken (3 oz.)Rice Dressing (1/2 cup)Green Beans (1/2 cup)Sliced Peaches (1/2 cup) Fresh Fruit (1/2 cup) Milk Variety (8 oz.) | Walking Fritos (1 cup)Chili cheese jalapeno (2 oz./ 2oz.)Fresh Pears (1/2 cup)Raisins (1/2 cup)Fudge Brownie (2 oz.)Milk Variety (8 oz.) | Home Style Pork Roast (3 oz.)Mashed Potatoes/gravy (1/2 cup)Candied Yams (1/2 cup)Fresh Cantaloupe (1/2 cup)Hot Roll (2 oz.)Milk Variety (8 oz.) |
| 28 | 29 | 30 | 31 | 1 |
| White Beans (1/2 cup) & Sausage (2 oz.)Honey buttered Cornbread (2 oz.)Steamed Rice (1/2 cup)Glazed Carrots (1/2 cup)Fresh Oranges (1/2 cup)Milk Variety (8 oz.) | Chicken Patty (3 oz.)Burger Bun (1 each)Potato Rounds (1/2 cup)Pear Slices (1/2 cup)Frozen Mixed Fruit Cup (1/2 cup)Milk Variety (8oz.) | Salisbury Steak (3 oz.)Mashed Potatoes/gravy (1/2 cup)Green beans (1/2 cup)Glazed carrots (1/2 cup)Pineapple Tidbits (1/2 cup)Hot roll (2 oz.)Milk Variety (8 oz.) | Corney Chili Dog ½ oz.)Hot dog Bun (1 each)Baked Beans (1/2 cup)Cranberries (1/2 cup)Fresh Fruit (1/2 cup)Snickerdoodle Cookie (2 oz.)Milk Variety (8 oz.) | Sausage Creole (1/2 cup, 2 oz.)Steamed Rice (1/2 cup)Seasoned Corn (1/2 cup)Creamy Coleslaw (1/2 cup)Fresh apple Slices (1/2 cup)Hot roll (2 oz.)Milk Variety (8 oz.) |