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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 Fruit  Frozen 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 roll  Milk Variety | Nachos (10 chips) / Cheese (2 oz.)  Lettuce / Tomatoes Cup  Seasoned Corn  Fresh Fruit Variety Cup (1/2 cup)  Sugar Cookie  Milk 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.) |