

New Horizon Center Lunch Menu

August 2010

Monday	Tuesday	Wednesday	Thursday	Friday
2 Peanut Butter & Jelly Sandwich 2 Tbsp—2 Tbsp—3 Tbsp PB Three Bean Salad 1/2 cup Cottage Cheese 1/3 cup—1/2 cup—3/4 cup With Fruit Cocktail 1/2 cup	3 Cheese Pizza 6 oz—6 oz—8 oz Mixed Vegetables 1/2 cup Pineapple 1/2 cup	4 Sloppy Joes 2 oz—3 oz—4 oz On Bun Corn 1/2 cup Peaches 1/2 cup	5 Baked Chicken 4 oz—4 oz—6 oz (bone-in) Rice & Beans 1/2 cup Carrots 1/2 cup Tropical Fruit Cup 1/2 cup	6 Tuna Melt 2 oz—3 oz—4 oz On English Muffin Creamy Coleslaw 1/2 cup Mandarin Oranges 1/2 cup
9 Macaroni & Cheese 1/2 cup—1/2 cup—1/2 cup 6 oz—6 oz—8 oz Spinach 1/2 cup Fresh Fruit 1 svg	10 No School	11 No School	12 No School	13 No School
16 No School	17 No School	18 No School	19 No School	20 No School
23 No School	23 No School	25 No School	26 No School	27 No School
30 No School	31 No School			

Serve 8 oz (1 cup or 1/2 pint) milk at each meal. Serve 1 slice bread with 1 pat margarine at each meal. Portion sizes are indicated for K-3rd grades, 4th-6th, 7th-12th grades.