



August MOW Meal Menu



Monday	Tuesday	Wednesday	Thursday	Friday
			<p>1</p> <p>Chicken Tenders Country Gravy Sweet Potatoes Veggie Blend WW Roll Apple</p>	
<p>4</p> <p>Pork Riblet BBQ Sauce Mashed Potatoes Seasoned Zucchini WW Roll Banana</p>	<p>5</p> <p>Turkey Tetrazzini Rotini Broccoli & Cauliflower Yellow Squash Mandarin Orange Cup WW Roll</p>	<p>6</p> <p>Grilled Chicken Breast Creole Sauce Veggie Blend Oven Baked Fries WW Roll</p>	<p>7</p> <p>Beef Meatballs WW Spaghetti with Sauce Butternut Squash Green Beans WG Breadstick</p>	<p>8</p> <p>Diced Chicken Orange Zesty Sauce Brown Rice Asian Veggies Veggie Egg Roll Orange</p>
<p>11</p> <p>BBQ Chicken Sandwich Sweet Potato Tots Seasoned Spinach WG Bun Apple</p>	<p>12</p> <p>Baked Ziti with Ground Turkey Spaghetti Sauce Seasoned Broccoli Steamed Corn WG Breadstick</p>	<p>13</p> <p>Turkey & Swiss Cheese on WW Hoagie Lettuce & Tomato Cucumber Slices Baby Carrots Mixed Fruit Cup</p>	<p>14</p> <p>Picadillo Black Beans Spanish Rice WW Tortilla Picante Sauce Mixed Fruit Cup</p>	<p>15</p> <p>Tarragon Chicken Breast Veggie Blend Brussels Sprouts WW Roll Banana</p>
<p>18</p> <p>Stir Fry Chicken with Veggies Teriyaki Glaze Brown Rice Veggie Egg Roll Orange</p>	<p>19</p> <p>Hot Chicken Casserole Egg Noodles Peas & Carrots Spinach & Onions WG Breadstick</p>	<p>20</p> <p>Mushroom & Onion Burger Brown Gravy Oven Baked Fries Veggie Blend Apple</p>	<p>21</p> <p>Grilled Chicken Breast Fajita Peppers Green Beans Yellow Squash WW Roll Banana</p>	<p>22</p> <p>Creole Meatloaf Broccoli & Cauliflower Mac & Cheese WW Roll Mixed Fruit Cup</p>
<p>25</p> <p>Chicken Breast & Herbed Gravy Mashed Potatoes Chopped Asparagus Banana</p>	<p>26</p> <p>Chicken Ranchero Black Beans Spanish Rice WW Tortilla Diced Pear Cup</p>	<p>27</p> <p>Beef Penne with Sauce Mozzarella Cheese Veggie Blend Steamed Broccoli WG Breadstick</p>	<p>28</p> <p>Pineapple & Mango Grilled Chicken Butternut Squash Seasoned Zucchini WW Roll Apple</p>	<p>29</p> <p>Chicken Pasta Salad Bell Pepper & Onion Baby Carrots Grape Tomatoes Italian Dressing Orange</p>

Menus are subject to change based on product availability.