

Rice Children's Campus

Aug. 2010

As Prepared by The Healthy Lunch Box (281) 444-8444



Monday		Tuesday		Wednesday		Thursday		Friday	
2		3		4		5		6	
AM	Trail Mix	AM	Grahams w/cc	AM	Cheerios & raisins	AM	Animal crackers	AM	Goldfish
Lunch	Soft beef tacos, rice and beans w/ lettuce, tomato and cheese	Lunch	Turkey corn dog, cooked carrots, fries	Lunch	Lasagna, garden salad, Bread stick	Lunch	Chicken strips, mashed potatoes, and green beans	Lunch	Grilled cheese sandwiches, chips and orange slices
PM	Fresh Fruit	PM	Fresh Fruit	PM	Fresh Fruit	PM	Fresh Fruit	PM	Fresh Fruit
9		10		11		12		13	
AM	Ritz	AM	Cheerios & raisins	AM	Trail Mix	AM	Wheat tortilla wrap	AM	Teddy Grahams
Lunch	Chicken nuggets, mashed potatoes, and orange slices	Lunch	Grilled chicken strips, cheesy broccoli rice, and salad	Lunch	Steak fingers, buttered rice and sweet carrots	Lunch	Rigatoni, sweet corn and garlic bread	Lunch	Wheat bread turkey, cheese sandwich and chips
PM	Fresh Fruit	PM	Fresh Fruit	PM	Fresh Fruit	PM	Fresh Fruit	PM	Fresh Fruit
16		17		18		19		20	
AM	Cheez-it crackers	AM	Animal Crackers	AM	Vanilla wafers	AM	Ritz	AM	Goldfish
Lunch	Turkey corn dog, cooked carrots, fries	Lunch	Spaghetti w/ meatsauce, broccoli and garlic bread	Lunch	Fish sticks, mac & cheese, peas & carrots, and wheat rolls	Lunch	Chicken strips, mashed potatoes, and green beans	Lunch	Chicken nuggets, tater tots, and orange slices
PM	Fresh Fruit	PM	Fresh Fruit	PM	Fresh Fruit	PM	Fresh Fruit	PM	Fresh Fruit
23		24		25		26		27	
AM	Wheat Tortilla wrap	AM	Grahams w/cc	AM	Trail Mix	AM	Goldfish	AM	Animal crackers
Lunch	Chicken spaghetti, peas and carrots, and rolls	Lunch	Soft beef tacos, rice and beans w/ lettuce, tomato and cheese	Lunch	Steak fingers, buttered rice and sweet carrots	Lunch	Rigatoni , sweet corn and garlic bread	Lunch	Cheese Pizza, applesauce, veggie sticks
PM	Fresh Fruit	PM	Fresh Fruit	PM	Fresh Fruit	PM	Fresh Fruit	PM	Fresh Fruit
30		31							
AM	Ritz	AM	Goldfish						
Lunch	Curly pasta w/chicken in sauce, sweet peas and roll	Lunch	Spaghetti w/ meatsauce, broccoli and garlic bread						
PM	Fresh Fruit	PM	Fresh Fruit						

