

# Capital AAA

## August 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 <b>Breakfast Special</b>	2
			<b>Breakfast Sausage or Ham</b> Cheese Grits Spiced Apples Biscuit Oatmeal Crème Pie Cranberry Juice Margarine/Jelly	<b>Salisbury Patty Brown Gravy</b> Whipped Potatoes Green Beans Wheat Bread Pineapples Margarine
5	6	7	8	9
<b>Chicken &amp; Sausage Jambalaya</b> Cabbage Green Peas & Carrots Wheat Bread Fresh Fruit Margarine	<b>Red Beans &amp; Sausage</b> Brown Rice Turnip Greens Cornbread Fresh Fruit Apple Juice Margarine	<b>Chili Dog</b> Coleslaw Hot Dog Bun Spiced Apples Cranberry Juice	<b>Tuscan Meatballs</b> Whipped Potatoes Green Beans White Roll Craisins Margarine	<b>Chicken Breast Waikiki Sauce</b> Whole Kernel Corn Venetian Vegetables Wheat Bread Fig Bar Margarine
12	13	14	15	16
<b>Frito Pie with 1/2 slice cheese</b> O'Brien Potatoes Green Beans Corn Chips Fresh Fruit	<b>Baked Ham with Honey Glaze</b> Whole Kernel Corn Broccoli/Cauliflower White Roll Chocolate Chip Cookie Margarine	<b>Chicken &amp; Sausage Gumbo &amp; Rice</b> Okra & Tomatoes Potato Salad Wheat Bread Birthday Cake with Sprinkles	<b>Hamburger</b> Baked Beans Lettuce/Tomato/Onion Wheat Hamburger Bun Fresh Fruit Mustard/Ketchup Mayonnaise	<b>Baked Bone-in Chicken Brown Gravy</b> Whipped Potatoes Carrots Wheat Bread Fresh Fruit
19	20	21	22 <b>Summer Special</b>	23
<b>Fiesta Mac &amp; Cheese</b> Cabbage Green Beans Wheat Bread Fresh Fruit Margarine	<b>Turkey Breast Brown Gravy</b> Whipped Potatoes California Vegetables Wheat Bread Oatmeal Crème Cookie Margarine	<b>Taco Salad</b> Shredded Cheese Pinto Beans Lettuce & Tomato Tortilla Chips Mixed Fruit Cobbler Taco Sauce	<b>Chicken Etouffee</b> Rice California Vegetables White Roll Star Crunch Fruit Blend Juice Margarine	<b>Sausage/White Beans</b> Rice Mixed Greens Pickled Beets Cornbread Fresh Fruit Margarine
26	27	28	29	30
<b>Chicken Fajita</b> Ranch Beans California Vegetables Wheat Tortilla Oatmeal Crème Pie Sour Cream	<b>Chili with Beans</b> Rice Peas & Carrots Saltine Crackers Coconut Cake Cranberry Juice Margarine	<b>Turkey Salad</b> Lettuce & Tomato Wheat Bread (2) Fresh Fruit Star Crunch	<b>Sausage/Pinto Beans</b> Brown Rice Cabbage Cornbread Fig Bar Fruit Blend Juice Margarine	<b>Hamburger</b> Chuckwagon Corn Lettuce/Tomato/Onion Hamburger Bun Tropical Fruit Crisp Mustard/Ketchup Mayonnaise