



# This Weeks AOH Breakfast and Lunch Menu

## Breakfast

July 28	July 29	July 30	July 31	Aug. 1
Assorted cereal (60-90 cal.)	Grits (130 cal.), eggs (70 cal.), turkey bacon (62 cal.)	Waffles w/ syrup (263 cal.) Turkey bacon (62 cal.)	Assorted cereal (60-90 cal.)	Grits (130 cal.) Eggs (70 cal.) Turkey bacon (62 cal.)

## Lunch

July 28	July 29	July 30	July 31	Aug. 1
Sloppy Joe (272 cal.) or Grilled ham & cheese. (353 cal.)  Carrots (30 cal.) Green beans (35 cal.)	BBQ chicken (320 cal.) or Grilled cheese (310 cal.)  Kidney beans (110 cal.) Mixed veg. (35 cal.)	Pizza (290 cal.) or Grilled cheese (310 cal.)  Sweet peas (36 cal.) Navy beans (65 cal.)	Spaghetti (300 cal.) or Turkey melt (320 cal.)  Corn (70 cal.) Green beans (35 cal.)	Teriyaki chicken & rice (230 cal.) or Egg salad (200 cal.)  Mixed veg. (35 cal.) Cabbage (75 cal.)

**All meals served with:  
1% or fat free milk (80 - 120 cal.) and Fruit selection (70-120 cal.)**