



**Be strong and courageous, do not be afraid for God will be with You wherever you go.**  
Joshua 1:9



**August is National Panini Month!** A panini is a sandwich made on delicious Italian bread, loaded with meat, cheese and veggies and grilled to perfection. Experiment with different toppings to find your perfect panini!



### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

1

2

**National Watermelon Day**

3

4

5

8

9

10

11

12

15

Cheesy-Beef Nachos  
Lettuce/Tomato/Salsa  
Refried Beans and corn  
Apple slices  
Milk or water

16

Panini  
Turkey and cheese  
Baby carrots  
Ranch dressing  
Milk or water

17

Teriyaki chicken  
Brown rice  
Oriental vegetables  
Pineapple tidbits  
Milk or water

18

Cheese pizza pockets  
Salad  
Mandarin oranges  
Chocolate pudding  
Milk or water

19

Chicken Nuggies  
Sweet potato fries  
Green beans  
Peaches  
Milk or water

22

Cheesy-beef Soft tacos  
Lettuce/tomato/salsa  
Shredded cheese  
Refried beans and corn  
Apple slices  
Milk or water

23

Panini  
Grilled chicken and cheese  
Baby carrots  
Ranch dressing  
Milk or water

24

Mac N Cheese  
Broccoli  
Fruit Medley  
Roll  
Milk or water

25

Pizza  
Salad  
Mandarine oranges  
Chocolate pudding  
Milk or water

26

Grilled chicken patty  
Mashed potato's  
Green beans  
Roll  
Peaches  
Milk or water

29

Shredded chicken tacos  
Lettuce/tomato  
Salsa/cheese  
Rice and corn  
Apple slices  
Milk and water

30

Panini  
Grilled Cheese  
Baby Carrots  
Ranch Dressing  
Milk or Water

31

**There will be a dessert option everyday**

