

NEI3A Grundy Center Menu – August 2026

Wednesday, August 5:

<u>Menu Item</u>	<u>Portion Size</u>	<u>Carb Count</u>
Salmon with Fruit Salsa*	4 oz., ¼ cup	.5
Coconut Rice	1 cup	2
Caribbean Blend Vegetables	½ cup	-
Breadstick	2 oz.	1
Melon	½ cup	1
Milk	8 ounces	1

Friday, August 7:

<u>Menu Item</u>	<u>Portion Size</u>	<u>Carb Count</u>
Grilled Chicken Burger*	4 ounces chicken, 2 ounce bun	2
	Lettuce Leaf/Tomato Slice/Ketchup/Mustard	
Coleslaw*	½ cup	-
Fruit Cup	½ cup	1
Milk	8 ounces	1

Wednesday, August 12:

<u>Menu Item</u>	<u>Portion Size</u>	<u>Carb Count</u>
Honey Mustard Chicken	3 oz.	-
Brown Rice & Quinoa Blend	½ cup	1
Roasted Sweet Potato & Zucchini*	½ cup	1
Wheat Crackers	4-6	1
Mandarin Oranges	½ cup	1
Milk	8 ounces	1

Friday, August 14:

<u>Menu Item</u>	<u>Portion Size</u>	<u>Carb Count</u>
Beef Taco*	2 ounces beef, 8-inch tortilla, ¼ cup lettuce/tomato, sour cream/sauce	2
Pico De Gallo*	¼ cup	-
Whole Grain Corn Chips	1 oz.	1
Fruit Cup	½ cup	1
Milk	8 ounces	1

Wednesday, August 19:

<u>Menu Item</u>	<u>Portion Size</u>	<u>Carb Count</u>
Hot Beef Sundae*	2 oz. beef, ½ oz cheese, ½ cup mashed potatoes, 1/3 cup corn, 2 oz. gravy, 1 oz. sour cream	2
Dinner Roll	2 ounces	1
Watermelon	½ cup	1
Milk	8 ounces	1

Friday, August 21:

<u>Menu Item</u>	<u>Portion Size</u>	<u>Carb Count</u>
Deli Ham & Swiss Hoagie	3 ounces ham, ¼ cup lettuce and tomato, 2 ounces grain	3
Fresh Veggie Cup	½ cup vegetables, 2 tablespoons hummus	1
Peaches	½ cup	1
Milk	8 ounces	1

Wednesday, August 26:

<u>Menu Item</u>	<u>Portion Size</u>	<u>Carb Count</u>
Cajun Chicken Breast*	4 ounces chicken, 1 ounce vegetables, 1 ounce cheese	-
Dirty Rice*	½ cup	1
New Orleans Coleslaw*	½ cup	-
Bread Slice	1 ounce	1
Applesauce	½ cup	1
Milk	8 ounces	1

Friday, August 28:

<u>Menu Item</u>	<u>Portion Size</u>	<u>Carb Count</u>
Baked Ham Balls*	3 oz beef and ham	2
Cheesy Potatoes*	½ cup	1
Green Beans	½ cup	-
Dinner Roll	2 ounces	1
Fruit Cup	½ cup	1
Milk	8 ounces	1

*Denotes onion in recipe.