

## AUGUST 2014

Entrée (with whole grain) + Fruit + Vegetable + Milk or Cup for Water

| Sunday | Monday             | Tuesday          | Wednesday   | Thursday                                       | Friday                                       | Saturday            |
|--------|--------------------|------------------|---|--|--|---------------------|
|        |                    |                  |   |  | 1  | 2                   |
| 3      | 4                  | 5                | 6   | 7  | 8  | 9                   |
| 10     | 11                 | 12               | 13  | 14   | 15   | 16                  |
| 17     | 18                 | 19               | 20  | 21   | 22   | 23                  |
| 24/31  | MEATLESS<br>MONDAY | Eat the Rainbow! | 27<br>Cheese Quesadilla<br>Veggie Sticks<br>Fruit | 28<br>Chicken Tenders<br>Garden Salad<br>Fruit | <b>29</b> Grilled Cheese Veggie Sticks Fruit | Choose My Plate.gov |

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