



THE MARITIME ACADEMY OF TOLEDO

August Lunch Menu

Mon	Tue	Wed	Thu	Fri	
2	3	4	5	6	DAILY FOOD RECOMMENDATIONS Lean Meat 2 ozs. Cheese 2 ozs. Dry Beans/Peas 1 cup Vegetables 3/4 cup Fruit 3/4 cup Bread 2 slices Milk 1/2 pt.
9	10	11	12	13	
14	15	16	17	18	
23	24	25 <i>Sloppy Joe</i> <i>French Fries</i> <i>Green Beans, Peaches</i> <i>Milk</i>	26 <i>Mac & Cheese w/ Ham</i> <i>Wheat roll, Peas</i> <i>Apricot</i> <i>Milk</i>	27 <i>Taco Pizza</i> <i>Salad</i> <i>Fruit Cup, Cookie</i> <i>Milk</i>	
30 <i>Hot Lunch</i> <i>(Chef's Choice) or</i> <i>Salad Bar</i>	31 <i>Hot Turkey Sandwich</i> <i>Mashed Potatoes</i> <i>Carrots, Pears</i> <i>Milk</i>				
<i>"People with goals succeed because they know where they are going"</i>					