

AUGUST

PROVERBS 19:20 "LISTEN TO COUNSEL AND RECEIVE INSTRUCTION, SO THAT YOU MAY BE WISE LATER IN LIFE."

MON		TUE		WED		THU		FRI			
17	<div>CHICKEN NUGGETS</div> <div>MASHED POTATO VEGETABLE FRUIT</div> <div>480 Cal, 18 Protein, 20 Fat</div>	18	<div>NACHOS W/ BEEF OR CHEESE</div> <div>VEGETABLE FRUIT</div> <div>308 Cal, 22,2 Protein, 28 Fat</div>	19	<div>SPAGHETTI W/ MEATBALLS</div> <div>BREADSTICKS VEGETABLE FRUIT</div> <div>750 Cal, 28 Protein, 22,5 Fat</div>	20	<div>HOT DOGS</div> <div>CHIPS VEGETABLE FRUIT</div> <div>720 Cal, 21 Protein, 42 Fat</div>	21	<div>PIZZA</div> <div>VEGETABLE FRUIT</div> <div>660 Cal, 26 Protein, 27 Fat</div>		
24	<div>CHICKEN SLIDERS</div> <div>TATER TOTS VEGETABLE FRUIT</div> <div>610 Cal, 24 Protein, 18,5 Fat</div>	25	<div>SOFT TACOS</div> <div>YELLOW RICE BLACK BEANS FRUIT</div> <div>458 Cal, 31,2 Protein, 22 Fat</div>	26	<div>POPCORN CHICKEN</div> <div>MASHED POTATO VEGETABLE FRUIT</div> <div>420 Cal, 18 Protein, 13 Fat</div>	27	<div>CORN DOGS</div> <div>MAC & CHEESE VEGETABLE FRUIT</div> <div>680 Cal, 22 Protein, 28 Fat</div>	28	<div>PIZZA</div> <div>VEGETABLE FRUIT</div> <div>660 Cal, 26 Protein, 27 Fat</div>		
31	<div>BURGER SLIDERS</div> <div>FRIES VEGETABLE FRUIT</div> <div>560 Cal, 17 Protein, 24 Fat</div>										

Nutrition content based on broccoli as vegetable and strawberry as fruit.