

AUGUST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Herb-Roasted Chicken Broccoli & Carrots Rice Pilaf Peach	4 Hamburger Coleslaw WW Burger Bun Watermelon	5 BBQ Chicken Sandwich Cauliflower Pinto Beans WW Roll Banana	6 Baked Fish w/ Lemon Coconut Sauce Green Beans & Red Bell Pepper WG Pasta Orange	7 Lentil & Vegetable Stew Spinach & Stewed Tomato WW Bread Mandarin
10 Teriyaki-Glazed Chicken Broccoli & Carrots Rice Mandarin	11 Salisbury Steak (beef & pork) Cauliflower & Carrots WW Bread Pineapple	12 Italian Meatball Sub (beef & pork) Green Bell Pepper & Onion WW Sub Roll Peach	13 Chicken Tikka Masala Chickpeas Cabbage Quinoa Apple	14 Turkey & Vegetable Stew Stewed Tomatoes & Green Beans WW Bread Orange
17 Pork Carnitas Tacos Black Beans Cabbage Slaw Corn Tortillas Banana	18 Baked Ziti w/ Meat Sauce Broccoli WG Ziti Apple	19 Hawaiian Ham (pineapple-glazed) Coleslaw Roasted Sweet Potato Mixed Rice Mandarin	20 Moroccan Chicken Cauliflower & Carrots Rice Quinoa Mix Pineapple	21 Black Bean & Vegetable Chili Spinach & Stewed Tomato WG Cornbread Orange
24 Chicken & Broccoli Stir-Fry Broccoli & Carrots Rice Mandarin	25 Beef Stroganoff Broccoli WG Pasta Peach	26 Pulled BBQ Turkey Sandwich Coleslaw WW Roll Fruit Cocktail	27 Roast Pork Loin Pinto Beans Cauliflower & Carrots Quinoa Pineapple	28 Southwest Chicken Salad Romaine, Corn, Tomato, Red Bell Pepper & Black Beans WW Bread Watermelon
31 Chicken Cacciatore Broccoli & Mushrooms WG Penne Banana				



Alternative meal choice: Soup and Salad Bar

WW = Whole Wheat
WG = Whole Grain



Musical
Entertainment



Vegetarian



Meal contains 1,000+ mg
of sodium



1% milk is
served daily