

Friday, August 1

- Beef w/ Onions & Tomatoes
- Steams Greens
- Brown Rice
- Fruit

Monday, August 4

- Orange Chicken
- Garlic Zucchini & Carrots
- Cantaloupe
- Brown Rice

Tuesday, August 5

- Beef Stir-Fry
- Broccoli
- Orange
- Whole Grain Noodles

Wednesday, August 6

- Baked Chicken
- White Beans
- Baked Yams
- Tangerine

Thursday, August 7

- Fish Almandine
- Garlic Spinach
- Pineapple & Papaya
- Quinoa

Friday, August 8

- Harissa Chickpeas
- Roasted Eggplant
- Melon
- Whole Grain Pita

Monday, August 11

- Beef Fajitas
- Corn
- Green Beans
- Tortilla

Tuesday, August 12

- Chicken Chile Verde
- Pinto Beans
- Cantaloupe
- Brown Rice

Wednesday, August 13

- Fish Piccata
- Sauteed Bell Peppers
- Pineapple & Papaya
- Whole Grain Pasta

Thursday, August 14

- Beef Stew
- Garlic Kale
- Honey Dew Melon
- Brown Rice

Friday, August 15

- Poblano Creamy Chicken
- Green Beans
- Orange
- Whole Grain Pasta

Monday, August 18

- Chicken Tikki Masala
- Roasted Eggplant
- Cantaloupe
- Brown Rice

Tuesday, August 19

- Lemon Glazed Fish
- Sweet Potato Mash
- Pineapple & Papaya
- Quinoa

Wednesday, August 20

- Beef & Broccoli
- Bok Choy
- Honey Dew Melon
- Brown Rice

Thursday, August 21

- Chicken Primavera
- Green Peas
- Tangerine
- Whole Grain Pasta

Friday, August 22

- Beef Chile Colorado
- Black Beans
- Zucchini
- Kiwi

Monday, August 25

- Fish w/ Garlic Sauce
- Spinach
- Orange
- Quinoa

Tuesday, August 26

- Carne Asada
- Refried Beans
- Chayote w/ Onions & Tomatoes
- Tortillas

Wednesday, August 27

- Sesame Chicken
- Parsnips
- Cantaloupe
- Whole Grain Noodles

Thursday, August 28

- Meatloaf
- Mashed Potatoes
- Pineapple & Papaya
- Whole Grain Roll

Friday, August 29

- Chicken Pesto
- Carrots
- Honeydew Melon
- Whole Grain Pasta

- Menu subject to change
- \$3 suggested donation

