

AUGUST 2022 LUNCH MENU

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|--|---|
| 1 NO MEALS | 2 Moroccan Chickpea Stew Rice Pilaf Smashed Mixed Potatoes and Cauliflower Fruit & Milk, low fat, 1% | 3 NO MEALS | 4 Fish w/ Mango Sauce Couscous w/ Peas Lemon Roasted Zucchini Fruit & Milk, low fat, 1% | 5 Baked Salmon Perfect White Rice Whole Wheat Bread Roasted Broccoli Fruit & Milk, low fat, 1% |
| 8 NO MEALS | 9 Baked Fish Vegetable Couscous Whole Wheat Bread Baby Carrots Salad Fruit & Milk, low fat, 1% | 10 NO MEALS | 11 Baked Ziti with Cheese Garlic Bread Whole Wheat Bread Italian Blend Vegetables Fruit & Milk, low fat, 1% | 12 Ginger and Lime Salmon Chinese Style Spaghetti Whole Wheat Bread Asian Cabbage Fruit & Milk, low fat, 1% |
| 15 Baked Breaded Fish Cilantro Lime Rice Whole Wheat Bread Broccoli w/ Toasted Garlic Fruit & Milk, low fat, 1% | 16 Baked Fish with Rustic Tomato Sauce Vegetable Couscous Sautéed String Beans Fruit & Milk, low fat, 1% | 17 Baked Vegetable Alfredo Pasta Garlic Bread Steamed Cauliflower Fruit & Milk, low fat, 1% | 18 Veggie Burgers w Bun French Fries Whole Wheat Bread Baby Spinach Salad Fruit & Milk, low fat, 1% | 19 Ginger and Lime Salmon Mexican Confetti Rice Whole Wheat Bread Roasted Zucchini Fruit & Milk, low fat, 1% |
| 22 Falafel Couscous w/ Peas & Lemon Whole Wheat Bread Cauliflower Fruit & Milk, low fat, 1% | 23 Asian Style White Fish Perfect White Rice Whole Wheat Bread Sautéed String Beans Fruit & Milk, low fat, 1% | 24 Breaded Fish Fillet Baked Brown Rice Pilaf Whole Wheat Bread Blend Vegetables Fruit & Milk, low fat, 1% | 25 Pasta Primavera Garlic Bread Whole Wheat Bread Garden Salad Fruit & Milk, low fat, 1% | 26 Baked Salmon Chinese Style Spaghetti Steamed Broccoli Fruit & Milk, low fat, 1% |
| 29 Veggie Burger on Whole Wheat Hamburger Bun Sweet Potato Fries Tossed Salad w/ Dressing Fruit & Milk, low fat, 1% | 30 Pasta Primavera Garlic Bread Italian Blend Vegetables Fruit & Milk, low fat, 1% | 31 Salmon in Garlic Butter Sauce Brown Rice w/ Pigeon Peas & Cauliflower Fruit & Milk, low fat, 1% | 9/1 Vegetarian Chili Perfect White Rice Cornbread Roasted Zucchini Fruit & Milk, low fat, 1% | 9/2 Fish in Mango Sauce Roasted Vegetable Couscous Roasted Broccoli Fruit & Milk, low fat, 1% |