August

Menu Subject to Change / Milk Served Daily*

Sun	*Mon*	*Tue*	*Wed*	*Thu*	*Fri*	*Sat*
Portion Information: Protein: minimum 3 oz. Fruit/Vegetables: 1 cup Starch: 1 cup equivalent	**1** **Wheat Baked Ziti w/ Tofu** *Breadsticks* *Chef's Vegetable* *Fruit*	**2** **Hamburger w/ Bun** *Lettuce/Tomato* *Mixed Vegetables* *Tropical Fru*it	**3** **Veggie "Meatball" Sub** *Wheat Roll* *Chef's Vegetable* *Fruit*	**4** **Catch of the Day** *Rice* *Chef's Vegetable* *Fruit*	**5** **Chicken Dijon** *Brown Rice* *Chef's Vegetable* *Fruit Cocktail* *Challah*	**6**
7	**8** **Cheese Omelet** *Vegetarian Sausage* *English Muffin* *Chef's Vegetable* *Fruit Cup*	**9** **Veggie Cutlet Parm** *Chef's Potatoes* *Peas/Carrots* *Fresh Fruit* Roll	**10** **Veggie Pizza** *Tossed Salad* *Fruit Yogurt* *Fresh Fruit*	**11** **Tuna Salad Platter** *Lettuce* *Tomato* *Cottage Cheese* *Roll*	**12** **Veggie Cutlets w/ Mushroom Sauce** *Rice* *Chef's Vegetable* *Fruit* *Challah*	**13**
14	**15** **Mac'N'Cheese** *Chef's Vegetable* Fresh *Fruit*	**16** **Sloppy Joes** *Wheat Bun* *Lettuce/ Tomato* *Redskin Potato* *Fresh Fruit*	**17** **Eggplant Parmesan** *Bread Sticks* *Chef's Vegetable* *Fresh Fruit* *Yogurt*	**18** **Catch of the Day** *Rice* *Chef's Vegetable* *Fruit*	**19** **BBQ Chicken** *Cole Slaw* *Red Skin Potatoes* *Fruit Cocktail* *Challah*	**20**
21	**22** **Vegetarian Stuffed Peppers** *Tossed salad* *Corn bread* *Fresh Fruit*	**23** **Turkey Sandwich** *Wheat Roll* *Lettuce/Tomato* *Potato Chips* *Fresh Fruit*	**24** **Veggie Quiche** *Vegan sausage* *Muffin* *Chef's Vegetable* *Fruit*	**25** **Tuna Noodle Casserole** *Tossed Salad* *Fruit*	**26** **Oven Baked Chicken** *Rice* *Chef's Vegetable* *Fruit* *Challah*	**27**
28	**29** **Veggie/ Tofu Stir Fry** *Brown Rice* *Fruit*	**30** **Spaghetti and Meat Sauce** *Tossed salad* *Garlic Bread* *Fresh Fruit*	**31** **Veggie Cutlet Picatta** *Penne Pasta* *Chef's Vegetable* *Applesauce*			

2016

* meal is served, milk will be served separately to abide with Kosher Laws