

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<h1 style="text-align: center;">August 2019</h1> <h2 style="text-align: center;">Lunch Menu</h2>			1 Vegetable Soup Cheese Tortellini w/Tomato Sauce Garlic Bread Capri Vegetables Milk Fruit	2 Black Bean Soup Baked Fish Mexican Confetti Rice String Beans Milk, Fruit
			5 Vegetable Soup Breaded Fish Brown Rice w/ Mushrooms WW Bread Boiled Zucchini Milk, Fruit	6 White Bean Soup Veggie Burgers Roasted Potatoes WW Bread Broccoli w/Garlic Sliced Tomatoes Milk, Fruit
12 Fish Sandwich Baked Sweet Potato Cole Slaw Milk, Fruit	13 Chickpea Stew Brown Rice Garden Salad Milk, Fruit	14 Lentil Soup Salmon Salad Pita Halves Mixed Green Salad Milk, Fruit	15 Mushroom Barley Soup Bean Burrito WW Tortilla Mexican Rice Cucumber/ Tomato Salad Milk, Fruit	16 Baked Fish with Soy Sauce Brown Rice California Blend Vegetables Milk, Fruit
19 Salmon Cakes Bowtie Pasta with Kasha WW Bread Carrots Milk, Fruit	20 Mushroom Barley Soup Chickpea Stew Brown Rice Baby Spinach Salad Milk, Fruit	21 Baked Fish w/ Sweet & Sour Sauce Yellow Rice Broccoli with Toasted Garlic Milk, Fruit	22 Egg Drop Soup Mushroom Pierogi Lo Mein Bok Choy Milk, Fruit	23 Breaded Fish Bowtie Pasta with Kasha Beet, Arugula and Feta Salad Milk, Fruit
26 Veggie Burger WW Hamburger Bun Cabbage Slaw Herb Potato Salad Milk, Fruit	27 Spilt Pea Soup Eggplant Parmesan Garlic Bread Penne String Beans Milk, Fruit	28 Baked Fish w/ Garlic Sauce Brown Rice w/ Peas WW Bread Broccoli & Peppers Milk, Fruit	29 Lentil Soup Cheese Pizza WW Dinner Roll Baby Spinach Salad Milk, Fruit	30 Apricot Glazed Salmon Vegetable Couscous Green Bean Sautee Milk, Fruit