

August Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
August 3 • Grilled Chicken Sandwich with lettuce and tomato, served with a side of roasted sweet potato fries and apple slices • Veggie Burger on a whole-grain bun, with a side of sweet potato fries and mixed fruit	August 4 • Cheesy Quesadilla with a side of black beans, corn, salsa, and a mixed fruit cup • Egg Salad or Veggie Wrap with lettuce, cucumber, shredded carrot, and a side of baked chips	August 5 • Grilled Veggie Wrap with zucchini, bell peppers, and hummus, served with a side of quinoa salad and fresh pineapple chunks • Caprese Salad Bowl with mozzarella, cherry tomatoes, and basil, served with whole-grain crackers and a side of yogurt parfait	August 6 • BBQ Pulled Pork Sliders served with coleslaw, baked beans, and a side of watermelon slices • Mediterranean Grain Bowl featuring farro, roasted chickpeas, olives, feta, and roasted red peppers, with a side of pita chips and a fruit salad cup	August 7 • Margherita Pizza with a side of Caesar salad, roasted zucchini, and a mixed berry cup • Veggie Flatbread Pizza topped with spinach, mushrooms, and feta, served with a side of cucumber-tomato salad and a fruit parfait
August 10 • Turkey Cheeseburger on a whole-grain bun with lettuce and tomato, served with baked potato wedges and fresh watermelon slices • Crispy Tofu & Veggie Stir-Fry served over brown rice with steamed edamame and pineapple chunks	August 11 • Chicken Tacos on soft corn tortillas with shredded lettuce, cheddar cheese, and salsa, served with Spanish rice and charro beans • Greek Salad Box featuring chopped romaine, cucumbers, kalamata olives, feta, stuffed grape leaves, served with pita bread and a blueberry yogurt cup	August 12 • Sweet Chili Chicken Wrap with crunchy slaw and diced cucumber, served with sesame noodle salad and mango chunks • Southwest Quinoa Bowl featuring roasted corn, black beans, diced avocado, and lime vinaigrette, served with corn tortilla chips and peach slices	August 13 • Smoked Turkey Club Sliders served with sweet potato chips, celery sticks with ranch dip, and fresh red grapes • Falafel Pita Pocket stuffed with hummus, cucumber, tomato, and tahini, served with a side of lentil salad and honeydew melon slices	August 14 • Pepperoni & Mozzarella Stromboli served with warm marinara sauce, a Caesar side salad, and fresh strawberries • Four-Cheese Spinach Lasagna Roll-Up served with roasted zucchini, a garden side salad, and a garlic breadstick

August Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
August 17 • Spaghetti with Meat Sauce or marinara (vegetarian), served with a side salad and garlic bread • Hummus & Veggie Box with pita bread, cucumber sticks, baby carrots, and grapes	August 15 • Turkey & Cheese Melt on whole-grain bread, served with a side of vegetable soup and orange wedges • Baked Chicken Drumsticks with mashed potatoes, steamed green beans, and a whole wheat roll	August 16 • Chicken Caesar Sandwich on a ciabatta roll, paired with a side of sweet potato fries and a small spinach salad • Herb-Roasted Pork Loin with wild rice pilaf, roasted Brussels sprouts, and a multigrain dinner roll	August 17 • Grilled Chicken Pita stuffed with tzatziki, lettuce, tomato, and cucumber, served with a side of lentil soup and a small banana • Teriyaki Salmon Bowl with jasmine rice, stir-fried broccoli, and carrots, paired with a sesame seed roll	August 18 • BBQ Baked Chicken Thighs with roasted potatoes, steamed broccoli, and a whole wheat dinner roll • Mediterranean Tuna Bowl with quinoa, cherry tomatoes, cucumbers, and lemon dressing, served with pita bread and apple wedges
August 24 • Fiesta Black Bean & Cheese Burrito served with salsa, corn salad, tortilla chips, and orange wedges • Crispy Tofu & Veggie Stir-Fry served over brown rice with steamed edamame and pineapple chunks	August 25 • Roast Turkey & Gravy served with mashed sweet potatoes, steamed green beans, and a whole wheat dinner roll • Greek Salad Box featuring chopped romaine, cucumbers, kalamata olives, feta, stuffed grape leaves, served with pita bread and a blueberry yogurt cup	August 26 • Baked Cod Bites served with tartar sauce, wild rice pilaf, roasted asparagus, and a mini corn muffin • Southwest Quinoa Bowl featuring roasted corn, black beans, diced avocado, and lime vinaigrette, served with corn tortilla chips and peach slices	August 27 • Honey Mustard Glazed Pork Chop served with roasted red potatoes, steamed broccoli florets, and a multigrain roll • Falafel Pita Pocket stuffed with hummus, cucumber, tomato, and tahini, served with a side of lentil salad and honeydew melon slices	August 28 • Salmon Caesar Salad Bowl with crisp romaine, parmesan cheese, whole-grain croutons, served with a breadstick and a fruit salad cup • Four-Cheese Spinach Lasagna Roll-Up served with roasted zucchini, a garden side salad, and a garlic breadstick

August Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
August 31 • Grilled Chicken Sandwich with lettuce and tomato, served with a side of roasted sweet potato fries and apple slices • Veggie Burger on a whole-grain bun, with a side of sweet potato fries and mixed fruit				