

August 2020 LUNCH MENU

All meals prepared
by iCookCafe:

www.icookcafe.com



Every complete meal served comes with choice of entrée, fresh fruit, and choice of 1% or non-fat white milk.

WEEK 2

Monday, August 10th

Main Entrées: Hamburger (S, WG)
With Lettuce and Tomatoes
Vegetarian: Veggie Hamburger (S, WG)
With Lettuce and Tomatoes

Sides: Baked French Fries w/ Ketchup

Tuesday, August 11th

Main Entrées: Chicken Alfredo Bake (S, WG)
Vegetarian: Alfredo Bake (S, WG)

Sides: Steamed Broccoli

Wednesday, August 12th

Main Entrées: Hot Dog (S, WG)
Vegetarian: Vegetarian Hot Dog (S, WG)

Sides: Carrots and Celery Sticks with Ranch

Thursday, August 13th

Main Entrées: Teriyaki Beef
Rice Bowl (S, WG)
Vegetarian: Teriyaki Tofu
Rice Bowl (S, WG)

Sides: Steamed Broccoli

Friday, August 14th

Main Entrées: Bean and Cheese Burrito (S, WG)
Vegetarian: Bean and Cheese Burrito (S, WG)

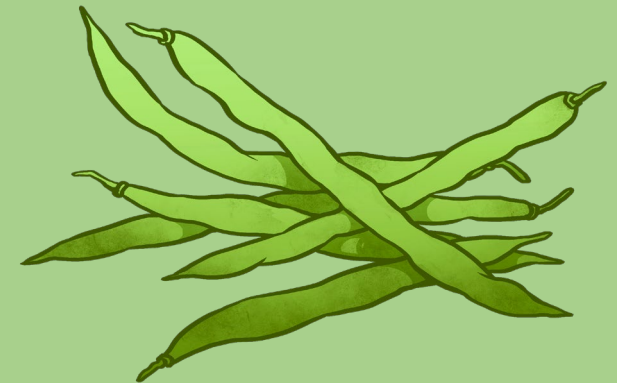
Sides: Caesar Salad

Check out CA Grown produce
each month on the menu
www.harvestofthemonth.com

August HARVEST OF THE MONTH Green Beans

Did you know?

A ½ cup of green
beans are a good source of
Vitamin B6, Calcium, and
Dietary Fiber



S: Made from Scratch, **WG:** Whole Grain, **P*:** Contains Pork

August Lunch Menu: Featured Daily Specials

WEEK 3

Monday, August 17th

Main Entrées: Turkey and Cheese Sandwich (S, WG)

Vegetarian: Roasted Vegetable Sandwich (S, WG)

Sides: Mixed Green Salad

Tuesday, August 18th

Main Entrées: Chicken Chow Mein (S, WG)

Vegetarian: Vegetable Chow Mein (S, WG)

Sides: Steamed Carrots

Wednesday, August 19th

Main Entrées: Beef Enchilada (S, WG)

Vegetarian: Bean and Cheese Enchilada (S, WG)

Sides: Red Beans and Rice,
Mixed Green Salad

Thursday, August 20th

Main Entrées: Turkey Meatloaf (S, WG)

Vegetarian: Veggie loaf (S, WG)

Sides: Mashed Sweet Potato,
Steamed Green Beans,
Dinner Roll

Friday, August 21st

Main Entrées: Spaghetti w/ Meatsauce (S, WG)

Vegetarian: Spaghetti w/ Marinara (S, WG)

Sides: Steamed Green Peas

WEEK 4

Monday, August 24th

Main Entrées: BBQ Roasted Chicken (S, WG)

Vegetarian: BBQ Mushroom (S, WG)

Sides: Mashed Potatoes,
Steamed Green Beans
Dinner Roll

Tuesday, August 25th

Main Entrées: Chicken and Bell Pepper Fajitas (S, WG)

Vegetarian: Bean and Bell Pepper Fajitas (S, WG)

Sides: Refried Beans, Steamed Corn

Wednesday, August 26th

Main Entrées: Breaded Chicken Sandwich (S, WG)

Vegetarian: Veggie Hot Dog (S, WG)

Sides: Baked Sweet Potato Fries

Thursday August 27th

Main Entrées: Sweet and Sour Chicken Rice Bowl (S, WG)

Vegetarian: Sweet and Sour Tofu Rice Bowl (S, WG)

Sides: Steamed Bok Choy

Friday, August 28th

Main Entrées: Tacos (S, WG)

Vegetarian: Veggie/Black Beans Tacos (S, WG)

Sides: Mixed Green Salad

WEEK 5

Monday, August 31st

Main Entrées: Meat Ravioli w/ Red Sauce (S, WG)

Vegetarian: Cheese Ravioli w/ Red Sauce (S, WG)

Sides: Steamed Broccoli,
Garbanzo Caesar Salad