

Monday	Tuesday	Wednesday	Thursday	Friday
Meals are chosen from the DFTA pre-approved menus, which provide a nutritionally balanced diet	Alternates available daily— You must place your choice no later than 11:30AM	<b>F.Y.I.</b> <b>Friday August 9th to Tuesday August 13th</b> <b>(Range hood is being replaced and meals will be Catered).</b>	1 Roasted Chicken Whole Wheat Bread Garlic Mashed Potatoes Sautéed String Beans Sliced Peaches Grape Juice	2 Baked Fish with Garlic Sauce Quinoa with Kale and Carrots Whole Wheat Bread Steamed Broccoli Apple Juice Grapes
5 Vegetable Soup Tuna Noodle Casserole Whole Wheat Bread Baby Carrots with Parsley Canned Pineapple Orange Juice	6 Turkey Burger Whole Wheat Hamburger Bun Baked Red Potatoes Wedges Red Cabbage Salad Watermelon 	7 Beef Broccoli Baked Brown Rice Pilaf Whole Wheat Bread Creamy Spinach Orange Pineapple Juice Fruit Cocktail	8 Chicken Chasseur Egg Noodles Roasted Broccoli Whole Wheat Bread Banana	9 <b>CATERED</b> Egg Salad Lite with Lettuce Chickpea Salad with Dill Whole Wheat Bread Baby Spinach Salad Apple Juice Canned Pears
12 <b>CATERED</b> Homemade Breaded Fish Roasted Potatoes Whole Wheat Bread Beets and Baby Carrots with Dill Cole Slaw Grapes	13 <b>CATERED</b> Chicken Salad Classic Macaroni Salad Whole Wheat Dinner Roll Garden Salad Banana 	14 Coconut Currie Cod Fish Couscous with Peas and Lemon Whole Wheat Dinner Roll Carrots and Raisins Apple Juice Fruit Cocktail	15 Italian Roast Chicken Whole Wheat Bread Baked Potatoes Collard Greens Orange	16 Baked Breaded Pork Chops Whole Wheat Bread Wild Rice Sautéed String Beans Canned Mandarin Oranges Grape Juice
19 Stuffed Peppers with Turkey Whole Wheat Bread Baby Spinach Salad Apple Juice Canned Pears	20 Coconut Curried Cod Fish Perfect White Rice Broccoli with Toasted Whole Wheat Bread Garlic Cantaloupe 	21 A Nice Vegetable Soup Egg Salad Lite with Lettuce Quinoa Whole Wheat Dinner Roll Mixed Green Salad Watermelon	22 Turkey Tacos Mexican Confetti Rice Fresh Sliced Tomatoes and Cucumbers Canned Pears Orange Juice	23 Chicken Parmesan with Sautéed Onions and Garlic Spaghetti Whole Wheat Bread Green Bean Sauté Strawberries
26 Turkey Meatloaf with Mushrooms and Peppers Whole Wheat Bread Instant Mashed Potatoes Sautéed String Beans Apple Juice	27 <b>BIRTHDAY PARTY</b> Baked Salmon with Lemon Tarragon Sauce Rice Pilaf Tossed Salad Brussel sprouts Whole Wheat Bread Orange Ice Cream/Cake	28 Baked Breaded Chicken Cutlet Whole Wheat Bread Baked Red Potato Wedges Italian Blend Vegetables Grapes	29 Tuna Nicoise Salad Classic Macaroni Salad Whole Wheat Bread Garden Salad Frozen Mixed Berries Orange Pineapple Juice	30 BBQ Pulled Pork Whole Wheat Hamburger Bun Cole Slaw Cucumber Dill Salad Canned pears Grape Juice