

LUNCH MENU

AUGUST 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Roasted Turkey Breast Baked Brown Rice Pilaf Baby Carrots & Parsley (1 svg) Apple (1 svg) 1% Low Fat Milk	4 Chicken Parmesan Whole Wheat Pasta (1 cup) Roasted Zucchini (1 svg) Pear (1 svg) 1% Low Fat Milk	5 (PLANT-BASED) Lentil Harvest Shepherd's Pie Whole Wheat Dinner Roll Baby Spinach Salad w/ Lemon Vinaigrette (1 svg) Orange (1 svg) 1% Low Fat Milk	6 Beef Picadillo Brown Rice (1 cup) Cabbage Carrot Slaw Banana (1 svg) 1% Low Fat Milk	7 Baked Fish a la Russe Roasted Potatoes Whole Wheat Bread Baby Spinach Salad w/ Kidney Beans & Lemon Vinaigrette (1 svg) Kale Pesto Applesauce (1 svg) 1% Low Fat Milk
10 (PLANT-BASED) Arroz con Gandules (Mexican Style Brown Rice w/ Pigeon Peas) (1 cup) Whole Wheat Bread Yellow Plantains Garden Salad (1 svg) Honey Dew (1 svg) 1% Low Fat Milk	11 Baked Chicken Thighs Whole Wheat Bread Rice and Beans Vegetable Mix (non-starchy) (1 svg) Grapes 1% Low Fat Milk	12 Beef Meatloaf with Mushroom Gravy Cornbread Roasted Potatoes Sauteed Zucchini (1 svg) Tangerines (2) (1 svg) 1% Low Fat Milk	13 Chicken Marsala Whole Wheat Bread Yellow Rice Italian Blend Vegetables (1 svg) Apple (1 svg) 1% Low Fat Milk	14 Baked Fish Oreganata Garlic Mashed Potatoes Spiced Mixed Vegetables (non-starchy) (1 svg) Fresh Pineapple (1 svg) 1% Low Fat Milk
17 Grandma's Baked Eggplant Parmesan Whole Wheat Bread Vegetable Mix (non-starchy) (1 svg) Orange (1 svg) 1% Low Fat Milk	18 Easy Chicken Salad Wrap Normandy Blend (1/2 svg) Lettuce and Tomato (1/2 svg) Cantaloupe (1 svg) 1% Low Fat Milk	19 (BIRTHDAY LUNCH) Baked Salmon with Cilantro Citrus Sauce Whole Wheat Bread Garlic Mashed Potatoes Baby Spinach Salad with Black Beans Grapes (1 svg) 1% Low Fat Milk	20 (PLANT-BASED) Traditional Whole Wheat Bean Burrito Whole Wheat Bread Garden Salad (no dressing) (1 svg) Banana (1 svg) 1% Low Fat Milk	21 Baked Fish w/ Cream Corn Sauce Whole Wheat Bread Mashed Sweet Potatoes (1 svg) Bangladeshi Style Mixed Vegetables (non-starchy) Strawberries (1 svg) 1% Low Fat Milk
24 Chicken Fajitas Whole Wheat Bread Zucchini with Onions and Peppers (1 svg) Cantaloupe (1 svg) 1% Low Fat Milk	27 (PLANT-BASED) Chili-Lime Black Bean Salad Whole Wheat Bread Brown Rice (1 cup) Vegetable Mix (non-starchy) (1/2 svg) Apple (1 svg) 1% Low Fat Milk	26 Baked Chicken Quarters Whole Wheat Bread Savory Rice and Chickpeas Steamed Broccoli (1 svg) Orange (1 svg) 1% Low Fat Milk	25 Turkey Meatloaf Garlic Mashed Potatoes (1 svg) Whole Wheat Bread Caesar Salad (1 svg) Banana (1 svg) 1% Low Fat Milk	28 Baked Fish with Lemon Garlic Butter Sauce Whole Wheat Bread Sauteed Sweet Potatoes (1 svg) Italian Blend Vegetables (1 svg) Grapes (1 svg) 1% Low Fat Milk
31 Asopao de Pollo (Puerto Rican Chicken Stew) Whole Wheat Roll Baby Spinach Salad with Cannellini Beans and Lemon Vinaigrette (1 svg) Banana 1% Low Fat Milk	1 Beef Hamburger Baked Fries (pre-prepared) Whole Wheat Bread Corn with Chili Lime Butter & Cotija Bangladeshi Style Mixed Vegetables (non-starchy) Orange 1% Low Fat Milk	2 (PLANT-BASED) Fried Brown Rice w/ Crispy Tofu & Veggies Cornbread Garden Salad (no dressing) (1 svg) Apple (1 svg) 1% Low Fat Milk	3 Baked Chicken Breasts Roasted Sweet Potato Slices (1 svg) Whole Wheat Bread California Blend Vegetables (1 svg) Strawberries (1 svg) 1% Low Fat Milk	4 Asian Style White Fish w/ Cilantro Springtime Fried Brown Rice Whole Wheat Bread Steamed Spinach (1 svg) Applesauce (1 svg) 1% Low Fat Milk