






August 2024

Regular Organic – Main Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																					
	<p>29 Vegetable Homemade Lasagna Alfredo Sauce, zucchini, cauliflower, Carrots, Corn, Cheese and Spinach Plus Garlic Bread on the Side</p> <p>Unsweetened Applesauce</p>	<p>30 Breaded Fish Enriched Jasmine White Rice Organic Pinto Beans and Vegetable Mix</p> <p>Tangerine/Clementine</p>	<p>31 Meatloaf with Carrots Egg Noodles (on Butter) and Vegetable Mix</p> <p>Fresh Organic Fruits</p>	<p>1 <u>Slowly Cooked Shredded Beef</u> (Ropa Vieja) with potatoes and carrots Enriched Basmati White Rice and Plantains</p> <p>Fresh Organic Fruits</p>	<p>2  PIZZA</p>	3																																																																																					
4	<p>5 <u>Chicken Alfredo Pasta</u> with Organic Broccolis and Shredded Parmesan Cheese on top</p> <p>Unsweetened Applesauce</p>	<p>6 <u>Chicken Quesadilla</u> Soft flour tortillas, Shredded Chicken and Shredded Cheese Cauli-Potato Hash Browns Sour Cream on the Side</p> <p>Fresh Organic Fruits</p>	<p>7 <u>Teriyaki Chicken</u> Enriched Jasmine White Rice and Green Beans</p> <p>Fresh Organic Fruits</p>	<p>8 <u>Burger Party</u> Premium Potato Buns, Homemade Meat-Broccoli patties & Cheese, Potato Tots with Cauliflower</p> <p>Fresh Organic Fruits</p>	<p>9  PIZZA</p>	10																																																																																					
11	<p>12 <u>Chicken Sandwich</u> Grilled Chicken Sandwich with Cheese with Cheesy Baked Potato Potato Chips (Veggie Six or Lay's Classic) Alternative available</p> <p>Unsweetened Applesauce</p>	<p>13 <u>Lean ground Beef</u> Enriched Jasmine White Rice Plantains and Carrots</p> <p>Fresh Organic Fruits</p>	<p>14 <u>Creamy Mac & Cheese</u> (with Butternut Squash on the Sauce) with Chicken Tenders</p> <p>Fresh Organic Fruits</p>	<p>15 <u>Oven Baked Mamaw's Chicken and Rice</u> Yellow Rice with Sweet Corn and Peas with Oven Baked Diced Chicken</p> <p>Fresh Organic Fruits</p>	<p>16  PIZZA</p>	17																																																																																					
18	<p>19 <u>Homemade Chicken Nuggets</u> Steamed Organic Broccolis Pasta (on Butter)</p> <p>Unsweetened Applesauce</p>	<p>20 <u>Breaded Fish</u> Oven Baked and Cheesy Broccoli-Cauliflower-Carrots Mix Plus Homemade Mash Potatoes</p> <p>Fresh Organic Fruits</p>	<p>21 <u>Shepherd's Pie</u> with Ground Beef, Fresh Mash Potato and Organic Peas and Carrots &</p> <p>Fresh Organic Fruits</p>	<p>22 <u>Creamy Polenta</u> with Enriched Bolognese Beef Sauce (with Carrots and zucchini) and Shredded Parmesan Cheese on top</p> <p>Fresh Organic Fruits</p>	<p>23  PIZZA</p>	24																																																																																					
25	<p>26 <u>Perfect Beef Bolognese Pasta</u> with Enriched Bolognese Beef Sauce plus Carrots Shredded Parmesan Cheese on top</p> <p>Unsweetened Applesauce</p>	<p>27 <u>Baked Cheesy Chicken Taquito</u> Organic Sweet Corn Oven Baked Cheesy Potato</p> <p>Fresh Organic Fruits</p>	<p>28 <u>Homemade Chicken Nuggets</u> Steamed Organic Broccoli Enriched White Rice with Beans Organic Carrots</p> <p>Fresh Organic Fruits</p>	<p>29 <u>Baked Sliced Chicken</u> Baked Sweet Potato and Yellow Potato Steamed Organic Broccoli</p> <p>Fresh Organic Fruits</p>	<p>30  PIZZA</p>	31																																																																																					
		<p>July '24</p> <table border="1"> <thead> <tr><th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th></tr> </thead> <tbody> <tr><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td></tr> <tr><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td></tr> <tr><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td></tr> <tr><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td></tr> <tr><td>28</td><td>29</td><td>30</td><td>31</td><td></td><td></td><td></td></tr> </tbody> </table>		S	M	T	W	T	F	S		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31				<p>September '24</p> <table border="1"> <thead> <tr><th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th></tr> </thead> <tbody> <tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td></tr> <tr><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td></tr> <tr><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td></tr> <tr><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td></tr> <tr><td>29</td><td>30</td><td></td><td></td><td></td><td></td><td></td></tr> </tbody> </table>		S	M	T	W	T	F	S	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30							
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1	Slowly Cooked Shredded Beef (Ropa Vieja) with potatoes and carrots Enriched Basmati White Rice and Plantains
	Deli Cheese and Turkey Sandwich with organic tomato, Shered Lettuce and homemade Organic Spinach Mayonnaise; and Sweet Potatoes Chip
5	Chicken Alfredo Pasta with Organic Broccolis and Shredded Parmesan Cheese on top
	Chicken Tetrazzini Pasta with Peas and Mushrooms, plus Shredded Cheese on top
6	Chicken Quesadilla - Soft flour tortillas, Shredded Chicken and Shredded Cheese,Cauli-Potato Hash Browns or Cheesy Baked Potatoes
	Cheese Quesadilla - Soft flour tortillas, Shredded Chicken and Shredded Cheese, plus Cauli-Potato Hash Browns or Cheesy Baked Potatoes
7	Teriyaki Chicken, Enriched Jasmine White Rice and Petite Peas
	Creamy Mac & Cheese (with Butternut Squash on the Sauce) and Chicken Tenders
8	Burger Party - Premium Potato Buns, Homemade Meat-Broccoli patties & Cheese and Potato Tots with Cauliflower
	Spinach Grilled Cheese - Spinach and American/Cheddar cheese on toasted 100% wheat potato bread, Plantains or Sweet Potato Chips on the side
12	Chicken Sandwich - Grilled Chicken Sandwich with Cheese plus Cheesy Baked Potato *Alternative available = Potato Chips (Veggie Stix or Lay's Classic)
	Chicken Alfredo Pasta with Organic Broccolis and Shredded Parmesan Cheese on top
13	Lean ground Beef, Enriched Jasmine White Rice, Plantains and Carrots
	Chicken Quesadilla - Soft flour tortillas, Shredded Chicken and Shredded Cheese pus Cauli-Potato Hash Browns
14	Creamy Mac & Cheese (with Butternut Squash on the Sauce) with Chicken Tenders
	Teriyaki Chicken, Enriched Jasmine White Rice and Petite Peas
15	Oven Baked Mamaw's Chicken and Rice - Yellow Rice with Sweet Corn and Peas with Oven Baked Diced Chicken
	Grilled Turkey & Cheese Sandwich - American and Cheddar cheese with Turkey Slices and Tomato on toasted potato bread. Plantains or Sweet Potato Chips on the side
19	Homemade Chicken Nuggets, Steamed Organic Broccolis and Pasta (on Butter)
	Homemade Beef Meatballs, Steamed Organic Broccolis and Pasta (on Butter)
20	Breaded Fish, Oven Baked and Cheesy Broccoli-Cauliflower-Carrots Mix, Plus Homemade Mash Potatoes
	Homemade Chicken Nuggets, Oven Baked and Cheesy Broccoli-Cauliflower-Carrots Mix, Plus Homemade Mash Potatoes
21	Shepherd's Pie with Ground Beef, Fresh Mash Potato, and Organic Peas and Carrots
	Salmon Bites, Fresh Mash Potato and Organic Peas and Carros
22	Breakfast-For-Lunch Homemade Mini Muffins (no sugar added), Dinner Roll, Jelly, 4oz yogurt, Milk & Cereals, Cheese Snack and Fresh Fruits
	Creamy Polenta with Enriched Bolognese Beef Sauce plus Carrots and Shredded Parmesan Cheese on top
26	Perfect Beef Bolognese Pasta with Enriched Bolognese Beef Sauce plus Carrots and Shredded Parmesan Cheese on top
	Creamy Polenta with Enriched Bolognese Beef Sauce plus Carrots and Shredded Parmesan Cheese on top
27	Baked Cheesy Chicken Taquito, Organic Sweet Corn and Oven Baked Cheesy Potato
	Chicken Burritos (Soft Tortilla, Cilantro-Lime Rice, Organic Black Beans, Sour Cream and Cheese Sauce), Organic Sweet Corn and Oven Baked Cheesy Potato
28	Homemade Chicken Nuggets, Steamed Organic Broccoli, Enriched White Rice with Beans
	Homemade Beef Meatballs, Steamed Organic Broccoli, Enriched White Rice with Beans
29	Baked Sliced Chicken, Baked Sweet Potato and Yellow Potato, Steamed Organic Broccoli
	Tuna Salad Sandwich - Tuna Salad on a Whole Grain Roll, Plantains or Sweet Potato Chips on the side