



August 2017

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	Entrees	**Sandwiches & Wraps	Snacks & Sides (available for a la carte purchase)
Mondays Aug 7 Aug 14 Aug 21 Aug 28	Homemade Whole Grain Pizza Pockets (NF) Oven Fried Chicken & String Beans (NF) Fajita Rice Bowl w/ Bell Peppers & Corn (GF, NF) Light Chicken Caesar Salad (NF)	"Good Morning" Breakfast Sandwich (NF) *Roasted Broccoli & Mozzarella (NF)	*Carrot French Fries (DF,GF,NF) *BBQ Kale Chips (DF,GF,NF)
Tuesdays Aug 1 Aug 8 Aug 15 Aug 22 Aug 29	Crunchy Oven Baked Chicken Strips (NF) Homemade Whole Grain Pizza Pockets (NF) Chicken Fried Rice (GF,DF,NF,Vegetarian upon request) *Homemade Tomato Soup (NF)	Steak Quesadilla w/ Grilled Peppers & Onions (NF) *Veggie Lunch Wraps (DF,NF)	*Chocolate Avocado Pudding (DF,GF,NF) *Banana-Oat Snack Bites (NF)
Wednesdays Aug 2 Aug 9 Aug 16 Aug 23 Aug 30	California Roll Sushi (GF,DF,NF) Bibimbap Korean Rice Bowl w/ Chicken (NF,DF) *Three Cheese Macaroni (NF) Asian Chicken & Quinoa Salad (DF,NF)	*Grilled Tomato & Three Cheese (NF) Chicken Parmigiana Sandwich (NF)	*Spiced Oven Baked Potato Fries (DF,GF,NF) *Puffed Rice Snowballs (GF,NF)
Thursdays Aug 3 Aug 10 Aug 17 Aug 24 Aug 31	Breakfast Flat Bread Pizza (NF, Vegetarian upon request) California Roll Sushi (GF,DF,NF) Crunchy Oven Baked Chicken Strips (NF) *Broccoli & Cheese Chowder (NF)	Chicken Parmigiana Sandwich (NF) *Veggie Lunch Wraps (DF,NF)	*Banana-Oat Snack Bites (NF) *BBQ Kale Chips (DF,GF,NF)
Fridays Aug 4 Aug 11 Aug 18 Aug 25	*Three Cheese Macaroni (NF) Chicken Fried Rice (GF,DF,NF,Vegetarian upon request) Crunchy Oven Baked Fish Sticks (NF) Asian Chicken & Quinoa Salad (DF,NF)	"Good Morning" Breakfast Sandwich (NF) Turkey Hero Sub (NF)	*Carrot French Fries (DF,GF,NF) *Mixed Berry & Yogurt Parfait (GF,NF)

* Indicates vegetarian item

** Whole Grain Bagel w/ Cream Cheese (nut free), Sunbutter & Raspberry Preserves (nut free & dairy free) and Rice Crackers with Tuna Salad Spread (gluten free, nut free, & dairy free) available daily.

DF - Dairy Free, GF - Gluten Free, NF - Nut Free

Please note that while we do offer gluten-free and nut free items, our kitchen is not a gluten free or nut free facility.