

# MAYA ANGELOU LUNCH

## AUGUST-SEPTEMBER 2019

Monday	Tuesday	Wednesday	Thursday	Friday
26  PESTO PASTA STEAMED BROCCOLI CHEESE STICK ORANGES MILK, 1% Lowfat MILK, Skim	27  BURRITO BOWL CHOPPED TOMATO SALAD PICKLED CARROT SALAD PEARS MILK, 1% Lowfat MILK, Skim	28  LEMON ROSEMARY PEPPER CHICKEN BROWN RICE KIDNEY BEANS APPLES MILK, 1% Lowfat MILK, Skim	29  BLACK BEANS BROWN RICE CORN & TOMATO SALSA PEACH CUP MILK, 1% Lowfat MILK, Skim	30  ALL-BEEF BURGERS COLESLAW BANANAS MILK, 1% Lowfat MILK, Skim
2  NO SCHOOL TODAY	3  THAI CHICKEN TACOS BLACK BEAN SALSA PEARS MILK, 1% Lowfat MILK, Skim	4  BBQ CHICKEN POTATO SALAD ROLLS APPLES MILK, 1% Lowfat MILK, Skim	5  SALMON CAKES GREEN BEANS SWEET POTATOES ROLLS APPLESAUCE MILK, 1% Lowfat MILK, Skim	6  SPAGHETTI W/MEATSAUCE HOUSE SALAD BANANAS MILK, 1% Lowfat MILK, Skim
9  RED BEANS & RICE CHEESE STICK SPINACH SALAD ORANGES MILK, 1% Lowfat MILK, Skim	10  TACO CASSEROLE W/BEEF TORTILLA WRAP TORTILLA WRAP BLACK BEAN SALSA CHOPPED TOMATO SALAD PEARS MILK, 1% Lowfat MILK, Skim	11  KATI-KATI CHICKEN BROWN RICE COLLARD GREENS APPLES MILK, 1% Lowfat MILK, Skim	12  INDIAN MANGO DAL BROWN RICE STEAMED POTATOES CUCUMBER SALAD APPLESAUCE MILK, 1% Lowfat MILK, Skim	13  SLOPPY JOE ON A ROLL SWEET POTATOES BANANAS MILK, 1% Lowfat MILK, Skim
16  TOFU STIR FRY BROWN RICE STEAMED BROCCOLI ORANGES MILK, 1% Lowfat MILK, Skim	17  LENTIL TACOS CILANTRO LIME CHICKEN PICKLED CARROT SALAD CHOPPED TOMATO SALAD PEARS MILK, 1% Lowfat MILK, Skim	18  CURRIED CHICKEN BROWN RICE KIDNEY BEANS ROLLS APPLES MILK, 1% Lowfat MILK, Skim	19  MEATLOAF MASHED POTATOES ROLLS LETTUCE & TOMATO SALAD PLUMS MILK, 1% Lowfat MILK, Skim	20  CHICKEN SANDWICH ROASTED ASPARAGUS FRENCH FRIES BANANAS MILK, 1% Lowfat MILK, Skim
23  MACARONI AND CHEESE COLLARD GREENS ORANGES ROLLS MILK, 1% Lowfat MILK, Skim	24  CHICKEN QUESADILLA OVEN FRIED CHICKEN CHOPPED TOMATO SALAD PICKLED CARROT SALAD PEARS MILK, 1% Lowfat MILK, Skim	25  OVEN FRIED CHICKEN BAKED BEANS LETTUCE & TOMATO SALAD ROLLS BANANAS MILK, 1% Lowfat MILK, Skim	26  SALISBURY STEAK BROWN RICE GREEN BEANS PEACH CUP MILK, 1% Lowfat MILK, Skim	27  ALL-BEEF BURGERS FRENCH FRIES BANANAS MILK, 1% Lowfat MILK, Skim
30  TOFU STIR FRY BROWN RICE STEAMED BROCCOLI ORANGES MILK, 1% Lowfat MILK, Skim				