

August

2019

Island Grown Community Lunch

Good food for all!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Chef Salad, Pita Pocket, Cinnamon Apples	2 Bagel and Cream Cheese, Hard Boiled Egg, Veggie Sticks, Fresh Fruit	3
4	5 Ham and Cheese Quiche, Sunbutter and Banana Rollups, Broccoli, Orange Wedges	6 BBQ Chicken Rice and Beans Green Salad, Fresh Fruit	7 Chicken Caesar Salad, Pita Pocket, Fresh Fruit	8 Chicken Tenders, Pesto Pasta Salad Melon Slice	9 Deli Sandwich on Wrap with Shredded Lettuce and Tomato, Potato Salad, Fresh Fruit	10
11	12 Hummus, Cheddar Cubes, Sliced Turkey, Tomato/Cuke Salad Olives, Pita Chips	13 Yogurt Parfait with Turkey Roll, Kale Salad, Fruit Cup	14 Chef Salad, Pita Pocket, Cinnamon Apples	15 Ham and Cheese Quiche, Sunbutter and Banana Rollups, Broccoli, Orange Wedges	16 Bagel and Cream Cheese, Hard Boiled Egg, Veggie Sticks, Fresh Fruit	17

* Each day there will be an a la carte selection of fruits, veggies, proteins and breads/crackers .