

August

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Tomatoes are packed with antioxidants, vitamins A and C, & folic acid.

DID YOU KNOW



Market Table Feature

Look for tomatoes and blue berries throughout your café all month long.

1

Breakfast
Biscuits & Gravy
Lunch
English-Style Battered Fish
Old- Fashioned Cole Slaw
Fries

ROAD TRIP
America

2

Breakfast
Buttermilk Pancake
Lunch
Shredded Beef Burrito
Guacamole
Southwest Black Beans

3

Breakfast
Cheddar Bacon Strata
Lunch
Grilled Lemon Dijon Chicken Breast
Vegetable Medley
Italian

6

Breakfast
Breakfast Sandwiches
Lunch
Asian Seared Chicken
Baby Bok Choy
Kimchi Fried Rice

7

Breakfast
Eggs, Sausage Patties,
Potatoes
Lunch
Roasted Pork Loin
Ratatouille
Cranberry- Pecan
Mixed Grains

8

Breakfast
Biscuits & Gravy
Lunch
Classic Smothered
Tortilla
Charro Beans
Cilantro- Lime Brown
Rice

9

Breakfast
Smashed Avocado
Toast
Lunch
Beef & Broccoli Stir Fry
Jasmine Rice

10

Breakfast
Black Bean and Egg
Burrito
Lunch
Pulled Pork
Baked Mac and Cheese
Whole Fresh Green Beans

13

Breakfast
Breakfast Sandwiches
Lunch
Sesame Chicken
Zucchini & Kale Stir Fry
Vegetable Brown Rice

14

Breakfast
Eggs, Sausage Patties,
Potatoes
Lunch
Grilled Cajun Chicken
Buttered Corn on the Cob
Mashed Red Skin
Potatoes

15

Breakfast
Biscuits & Gravy
Lunch
Potato & Kale
Enchiladas
Cauliflower Cumin
Mexi-Rice

16

Breakfast
Buttermilk Pancakes
Lunch
Two Bean Burrito
Guacamole
Southwest Corn

17

Breakfast
Peanut Butter
Power Toast
Lunch
BBQ Roasted Turkey
Collard Greens
Chipotle Mac & Cheese

20

Breakfast
Breakfast Sandwiches
Lunch
Santa Fe Grilled Chicken
Sauteed Zucchini & Tomato
Red Beans & Rice

21

Breakfast
Eggs, Sausage Patties,
Potatoes
Lunch
Roast Beef
Green Beans & Carrots
Roasted Potatoes

22

Breakfast
Biscuits & Gravy
Lunch
Herb Turkey with Gravy
Buttered Corn on the Cob
Mashed Potatoes

23

Breakfast
Breakfast Pizza
Lunch
Meat Lasagna
Garlic Breadstick

24

Breakfast
Waffles
Lunch
Crispy Pork
Lemon Broccoli
Spicy Sweet Potato & Corn Hash

27

Breakfast
Breakfast Sandwiches
Lunch
Country-Style Meatloaf
Garlic Roasted Broccoli
Steamed Red Potatoes

28

Breakfast
Eggs, Sausage Patties,
Potatoes
Lunch
Grilled Lain- Spiced Chicken
Cumin Carrots
Couscous with Raisins & Parsley

29

Breakfast
Biscuits & Gravy
Lunch
Turkey Cutlet
Bruschetta
Baked Zucchini
Pesto Couscous

30

Breakfast
French Toast
Lunch
Vegan Mac & Cheese
Spicy Corn & Tomatoes
Fresh Asparagus

31

Breakfast
Asparagus, Spinach & Feta Strata
Lunch
Panko Ranch Chicken
Garlic Roasted Broccoli
Parslied Brown Rice & Farro