

# AUGUST | 2023

## PRC Lunch



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31	1 Whole grain veggie pasta with shredded chicken Assorted veggies Fruit Juice/Milk	2 Crispy fish tacos with brown Spanish rice Assorted veggies Fruit Juice/Milk	3 Pork burrito bowl with cilantro lime brown rice Assorted veggies Fruit Juice/Milk	4 Meat and cheese calzones Assorted veggies Fruit Juice/Milk	5 Penne pasta with meat sauce Assorted veggies Fruit Juice/Milk
6 BBQ chicken Assorted veggies Baked beans Fruit Juice/Milk	7 Mashed potato bowl with chicken Assorted veggies Fruit Juice/Milk	8 Baked chicken parm with whole grain buttered noodles Assorted veggies Fruit Juice/Milk	9 Shrimp fried rice Assorted veggies Fruit Juice/Milk	10 Chicken burrito bowl with garlic brown rice Assorted veggies Fruit Juice/Milk	11 Meat and cheese calzones Assorted veggies Fruit Juice/Milk	12 Cheese ravioli with meat sauce Assorted veggies Fruit Juice/Milk
13 Taco chicken casserole Assorted veggies Fruit Juice/Milk	14 Sweet potato bowl with pulled pork Assorted veggies Fruit Juice/Milk	15 Whole grain veggie pasta with shredded chicken Assorted veggies Fruit Juice/Milk	16 Crispy fish tacos with brown Spanish rice Assorted veggies Fruit Juice/Milk	17 Pork burrito bowl with cilantro lime brown rice Assorted veggies Fruit Juice/Milk	18 Meat and cheese calzones Assorted veggies Fruit Juice/Milk	19 Penne pasta with meat sauce Assorted veggies Fruit Juice/Milk
20 BBQ chicken Assorted veggies Baked beans Fruit Juice/Milk	21 Mashed potato bowl with chicken Assorted veggies Fruit Juice/Milk	22 Baked chicken parm with whole grain buttered noodles Assorted veggies Fruit Juice/Milk	23 Shrimp fried rice Assorted veggies Fruit Juice/Milk	24 Chicken burrito bowl with garlic brown rice Assorted veggies Fruit Juice/Milk	25 Meat and cheese calzones Assorted veggies Fruit Juice/Milk	26 Cheese ravioli with meat sauce Assorted veggies Fruit Juice/Milk
27 Taco chicken casserole Assorted veggies Fruit Juice/Milk	28 Sweet potato bowl with pulled pork Assorted veggies Fruit Juice/Milk	29 Whole grain veggie pasta with shredded chicken Assorted veggies Fruit Juice/Milk	30 Crispy fish tacos with brown Spanish rice Assorted veggies Fruit Juice/Milk	31 Pork burrito bowl with cilantro lime brown rice Assorted veggies Fruit Juice/Milk	1	2