

# Menu AUGUST

Monday	Tuesday	Wednesday	Thursday	Friday
2 Holiday	3	4 Classes Begin Arroz con Pollo	5 Macaroni and Cheese	6 Hamburger
9 Spaghetti red sauce, meat	10 Baked Chicken	11 Meat Loaf	12 Fish and salad	13 Burrito
16 Pesto Pasta	17 Sweet & Sour Chicken	18 Tamale Pie	19 Tuna Casserole with Peas and corn	20 Pizza
23 Cheese/ Salad	24 Chicken Divan	25 Beef Stew	26 Fish	27 Hamburger
30 Arroz Cantonese	31 Teriyaki Chicken			

The lunch Menus include daily variety of fresh fruit and, vegetables, beans, rice, salad and a main dish which includes the recommended serving of protein. Also drink and ice cream for dessert. MBS is dedicated to improving the food served to our students to promote current and Long-term health.