

EW Stokes Café

Lunch*: August-September, 2016

REVISED 8/26/2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
22 W.G. Grilled Cheese Sandwich Cherry Tomatoes Plums Milk**	23 Italian Chicken Wrap Vegetable Wrap (V) Chickpea Salad Apricots Milk**	24 Spaghetti and Meatballs Spaghetti and Parmesan Cheese (V) Romaine Lettuce Cup Nectarines Milk**	25 Cilantro Lime Chicken Wings Cilantro Lime Tofu (V) Brown Rice Green Beans Peaches Milk**	26 All-Beef Hotdog on W.G. Bun "Veggie" Dog on W.G. Bun (V) Corn on the Cob Blackberries Milk**
29 "Pizzadilla" w/Tomato Dipping Sauce Sliced Cucumbers Blueberries Milk**	30 "BLT" Salad (Turkey Bacon, Lettuce & Tomatoes) w/W.G. Croutons OR "ELT" Salad (Egg & Croutons) (V) Tomato Salad Nectarines Milk**	31 Curried Chicken w/Coconut Rice Curried Tofu w/Coconut Rice(V) Lentil Stew Oranges Milk**	September 1 Baked Tilapia Roasted Eggplant Brown Rice Steamed Broccoli Apples Milk**	2 Vegetable Fried Rice w/Egg (Brown Rice) Green Peas Peaches Milk**
5 Labor Day: No School Today	6 Meatballs Sub Sandwich Toasted Vegetable & Cheese Sandwich (V) Romaine Lettuce Cup Plums Milk**	7 Chicken Tenders w/W.G. Bread Veggie Burger w/W.G. Bread (V) Roasted Cauliflower Kidney Beans Apricots Milk**	8 Baked Spaghetti W.G. Roll Caesar Salad Fruit Cocktail Raspberries Milk***	9 All Beef Hamburgers Veggie Burgers (V) Baked Potato Cherry Tomatoes Fresh Peaches Milk**
12 Egg & Cheese Sandwich on W.G. Bread Black Bean Salsa Plums Milk**	13 "BLT" Salad (Turkey Bacon, Lettuce & Tomatoes) w/W.G. Croutons OR "ELT" Salad (Egg & Croutons) (V) Tomato Salad Nectarines Milk**	14 Beef, Rice & Cheese Burrito Bean, Rice & Cheese Burrito (V) Romaine Lettuce Cups Apples Milk**	15 Chicken Cheesesteak on W.G. Bun Portobello Mushroom & Cheese on W.G. Bun (V) Roasted Potatoes Peaches Milk**	16 Turkey Ham & Cheese Sandwich Tomato, Lettuce, & Cheese Sandwich (V) Coleslaw Bananas Milk**
19 W.G. Grilled Cheese Sandwich Cherry Tomatoes Pears Milk**	20 Italian Chicken Wrap Vegetable Wrap (V) Roasted Potatoes Apples Milk**	21 Spaghetti and Meatballs Spaghetti and Parmesan Cheese (V) Romaine Lettuce Cup Grapes Milk**	22 Cilantro Lime Chicken Wings Cilantro Lime Tofu (V) Brown Rice Steamed Broccoli Blueberries Milk**	23 All-Beef Hotdog on W.G. Bun "Veggie" Dog on W.G. Bun (V) Baked Beans Bananas Milk**
26 "Pizzadilla" w/Tomato Dipping Sauce Sliced Cucumbers Blueberries Milk**	27 "BLT" Salad (Turkey Bacon, Lettuce & Tomatoes) w/W.G. Croutons OR "ELT" Salad (Egg & Croutons) (V) Chickpea Salad Apples Milk**	28 Curried Chicken w/Coconut Rice Curried Tofu w/Coconut Rice(V) Carrot Salad Oranges Milk**	29 Mini Meatloaf w/Brown Rice Lentil Loaf w/Brown Rice Spinach Cup Bananas Milk**	30 Vegetable Fried Rice w/Egg (Brown Rice) Green Peas Blackberries Milk**

*Menu is subject to change. **We serve 1% Skim & Non-Fat Milk daily.

EW Stokes Café

Lunch*: August-September, 2016

REVISED 8/26/2016

--	--	--	--	--

*Menu is subject to change. **We serve 1% Skim & Non-Fat Milk daily.