

PENTAB ACADEMY AUGUST LUNCH

Welcome Back!!

17 BOWTIE PASTA IN A TURKEY BOLOGNESE SAUCE WITH CARROTS, GREEN PEAS AND FRESH FRUIT	18 CHICKEN TERIYAKI WITH WHOLE GRAIN BROWN RICE PLANTAINS AND FRESH FRUIT	19 BEEF STRIPS IN A FAJITA WITH MIXED SUMMER VEGETABLES, WHOLE GRAIN RICE AND FRESH FRUIT	20 BREADED CHICKEN PATTY WHOLE GRAIN BUN GREEN BEANS AND FRESH FRUIT	21 CHEESE PIZZA STEAMED VEGETABLE AND A FRUIT SNACK
24 CHICKEN TETRAZZINI PASTA WITH CARROTS AND FRESH FRUIT	25 CHICKEN ROPA VIEJA WHOLE GRAIN RICE PLANTAINS AND FRESH FRUIT	26 HOMEMADE CHILI WITH GROUND TURKEY MIXED VEGETABLES BROWN RICE AND A FRESH FRUIT	27 WHOLE GRAIN SPAGHETTI WITH MEATBALLS IN TOMATO SAUCE WITH BROCCOLI AND FRESH FRUIT	28 CHEESE PIZZA STEAMED VEGETABLE AND A FRUIT SNACK
31 WHOLE GRAIN ARROZ CON POLLO (CHICKEN WITH RICE) GREEN BEANS AND APPLE SAUCE	1 WHOLEGRAIN MACARONI AND CHEESE MIXED VEGETABLES AND FRESH FRUIT	2 BEEF STEW WITH DICED POTATOES, CARROTS AND CELERY WITH A WHOLE GRAIN ROLL AND FRESH FRUIT	3 PICADILLO (GROUND BEEF) WITH WHOLE GRAIN RICE GREEN BEANS AND FRESH FRUIT	4 CHEESE PIZZA STEAMED VEGETABLE AND A FRUIT SNACK

THIS INSTITUTION IS AN EQUAL OPPORTUNITY EMPLOYER.