

# AUGUST 2023 - STEM

## LUNCH MENU- ALLERGAN

DAIRY/MILK (D) EGG (E) TOMATO (T) GLUTEN/WHEAT (G) SOY (S)  
 CORN (C) FISH (F)



MONDAY                      TUESDAY                      WEDNESDAY                      THURSDAY                      FRIDAY

<p><b>31</b></p> <p>2oz Beef meatballs w/gravy (D)(E)(G)                      2oz Mixed vegetables                      2oz Fruit Cocktail</p> <p>Veg - 2oz Beefless (S)</p>	<p><b>1</b></p> <p>2oz Turkey Tacos w/lettuce &amp; cheese (T)                      2oz Spanish Rice                      2oz Whole oranges</p> <p>Veg - 2oz Veggie Taco (S)</p>	<p><b>2</b></p> <p>2oz Pesto Pasta w/chicken (D)(E)(G)                      2oz Sweet Peas                      2oz Watermelon</p> <p>Veg - 2oz Veggie Pasta</p>	<p><b>3</b></p> <p>2oz BBQ Chicken legs                      2oz Veggie Cous Cous                      2oz Pears</p> <p>Veg - 2oz Chickenless</p>	<p><b>4</b></p> <p>2oz Cheese quesadillas (G)                      2oz Fiesta corn (C)                      2oz Pineapple</p> <p>Veg - 2oz Same</p>
<p><b>7</b></p> <p>2oz Chicken bites with ketchup (D)(E)(G)(T)                      2oz Tater tots                      2oz Apple slices</p> <p>Veg - 2oz Chickenless (S)</p>	<p><b>8</b></p> <p>2oz Pizza pasta w/turkey pepperoni (D)(G)                      2oz Broccoli                      2oz Mandarin oranges</p> <p>Veg - 2oz Pizza Pasta w/veggies</p>	<p><b>9</b></p> <p>2oz Turkey pinwheel (D)(E)(G)                      with cheese, lettuce on side                      2oz Potato Chips                      2oz Honeydew</p> <p>Veg - Veggie Pinwheel</p>	<p><b>10</b></p> <p>2oz Fish Sticks w/ketchup (D)(E)(T)(G)(F)                      2oz Sweet peas (E)                      2oz Applesauce</p> <p>Veg - 2oz Fishless (S)</p>	<p><b>11</b></p> <p>2oz French sticks w/syrup (D)(E)(G)                      2oz Turkey sausage                      2oz Peaches</p> <p>Veg - 2oz Same</p>
<p><b>14</b></p> <p>2oz Roasted chicken legs                      2oz Rice pilaf                      2oz Fruit Cocktail</p> <p>Veg - 2oz Ravioli</p>	<p><b>15</b></p> <p>2oz BBQ beef meatballs (D)(E)(G)(T)                      2oz Corn (C)                      2oz Watermelon</p> <p>Veg - 2oz Veggie meatballs</p>	<p><b>16</b></p> <p>2oz Honey glazed chicken                      2oz Basmati rice w/peas                      2oz Mandarin oranges</p> <p>Veg - Veggie Patty</p>	<p><b>17</b></p> <p>2oz Chicken Pasta w/marinara (T)(G)(E)                      2oz Green beans                      2oz Peaches</p> <p>Veg - 2oz Veggie Balls</p>	<p><b>18</b></p> <p>2oz Grilled cheese (G)(D)                      2oz Tater tots w/ketchup (T)                      2oz Fruit cocktail</p> <p>Veg - Same</p>
<p><b>21</b></p> <p>2oz Beef sloppy joes (T)(G) w/buns                      2oz Corn                      2oz Pineapple</p> <p>Veg - Veggie Patty</p>	<p><b>22</b></p> <p>2oz Chicken empanadas w/green sauce (G)(D)(E)                      2oz Spanish rice w/veggies                      2oz Pears</p> <p>Veg - Same</p>	<p><b>23</b></p> <p>2oz Spaghetti &amp; turkey meatballs w/ marinara sauce (E)(T)(G)                      2oz Green beans                      2oz Mandarin Oranges</p> <p>Veg - 2oz Pasta primavera</p>	<p><b>24</b></p> <p>2oz Chicken fried rice w/veggie (E)(G)(C)                      1 Veggie spring roll (E)(G)                      2oz Grapes</p> <p>Veg - 2oz Veggie Fried Rice</p>	<p><b>25</b></p> <p>2oz Cheese tortellini w/pesto sauce (D)(G)                      2oz Mixed vegetables (C)                      2oz Apple sauce</p> <p>Veg - 2oz Same</p>
<p><b>28</b></p> <p>2oz Beef sliders w/buns (D)(G)(T) &amp; ketchup                      2oz Basmati rice w/veggies                      2oz Fruit cocktail</p> <p>Veg - 2oz Veggie patty</p>	<p><b>29</b></p> <p>2oz Beef tacos with flour tortilla (G)                      2oz Lettuce and shredded cheese (D)                      2oz Spanish rice (T)                      2oz Pears</p> <p>Veg - 2oz Veggie fajitas (S)</p>	<p><b>30</b></p> <p>2oz Turkey burger mac &amp; cheese (E)(D)(G)                      2oz Sweet peas                      2oz Mandarin oranges</p> <p>Veg - 2oz Mac &amp; cheese</p>	<p><b>31</b></p> <p>2oz Tuna pinwheels (D)(E)(G)(F)                      with cheese and lettuce on side                      2oz Potato Chips                      2oz Whole apples</p> <p>Veg - Veggie Pinwheel</p>	<p><b>1</b></p> <p>2oz Veggie lasagna (D)(E)(G)                      2oz French bread (D)(G)                      2oz Peaches</p> <p>Veg - Same</p>