

August

2020

Congregation Beth Israel

August

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|--|-----------------------------------|
| <p>3</p> <p>Marinara Bowtie Pasta DF V Peas & Carrots GF DF V Fruit GF DF V</p> | <p>4</p> <p>Bean & Cheese Quesadilla V Corn GF DF V Spanish Rice GF DF V Fruit GF DF V</p> | <p>5</p> <p>Waffles DF V scrambled Eggs GF DF Carrot & celery sticks w/ranch GF V Fruit GF DF V</p> | <p>6</p> <p>Baked Chicken DF Buttered Noodles DF V Creamed Spinach GF DF V Fruit GF DF V</p> | <p>7</p> <p>Pizza</p> |
| <p>10</p> <p>No School</p> | <p>11</p> <p>No School</p> | <p>12</p> <p>No School</p> | <p>13</p> <p>No School</p> | <p>14</p> <p>No School</p> |
| <p>18</p> <p>Lasagna E Roasted Broccoli GF DF V Fruit GF V</p> | <p>18</p> <p>Chicken soft tacos Rice GF DF V Black Beans GF DF V Fruit GF DF V</p> | <p>19</p> <p>Beef Gyro GF Pita Bread DF V Cucumber & Tomatoes GF DF V Fruit GF DF V</p> | <p>20</p> <p>Pasta with tomato, basil, mozzarella V Chopped salad GF DF V Fruit GF DF V</p> | <p>21</p> <p>Pizza</p> |
| <p>24</p> <p>Beef Meatloaf DF Mashed Potatoes GF DF V Green Beans GF DF V Fruit GF DF V</p> | <p>25</p> <p>Soft Turkey Tacos DF Rice GF DF V Refried Beans GF DF V Fruit GF DF V</p> | <p>26</p> <p>Fish Sticks DF Mac & Cheese V Broccoli GF DF V Fruit GF DF V</p> | <p>27</p> <p>Asian Stir Fry GF DF V Edamame Salad GF DF V Steamed Rice GF DF V Fruit GF DF V</p> | <p>28</p> <p>Pizza</p> |
| <p>31</p> <p>Roasted Turkey GF DF Mashed Sweet Potatoes GF V Cornbread GF DF V Apples GF DF V</p> | | | | |

