

Senior Lunch Menu: August 12 - 23

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8/12 Grilled Souvlaki Chicken, Pita Bread, Greek Salad, Honeydew, Sorbet	8/13 Turkey Chili, Cornbread, Southwestern Salad, Apples, Saltines	8/14 Sesame Crusted Tofu, Soba Noodle Salad, Ginger Garlic Snap Peas, Peaches, Saltines, Angel Food Cake with Whipped Topping	8/15 Shrimp Salad, Dinner Roll, Green Bean Salad, Grapes, Saltines, Sorbet	8/16 Pesto Chicken Quarters, Roasted Sweet Potatoes, Grilled Zucchini, Fruit Salad, Saltines, Strawberry Yogurt
8/19 Beef Bourguignon, Egg Noodles, Roasted Baby Carrots, Cantaloupe, Yogurt	8/20 Curry Chicken, Rice, Garlic Butter Peas, Fruit Salad, Saltines, Naan, Greek Yogurt	8/21 Spinach Mushroom Quiche, Roasted Potatoes, Arugula Salad, Saltines, Oranges, Jello with Cool Whip	8/22 Lemon Dill Chicken Salad Wraps, Pasta Salad, Peaches, Brownie	8/23 Chicken "Pot Pie" Biscuit, Green Beans, Squash and Zucchini, Watermelon, Chocolate Chip Cookie, Yogurt

Fun Food Fact:

There's more water in cucumber than watermelon

Okay, not by much, but this was still a fun food fact to us!

Watermelon is about 92% water, while cucumber is 95%. That's actually the same as lettuce and celery. It's also super low in calories, with just eight per serving.

Visit eatfirst.com for more fun food facts.



**All meals
are served
with milk.**