



GRADES 4 - 12

AUGUST



Monday	Tuesday	Wednesday	Thursday	Friday
7	8	9 Noon Dismissal No Lunch	10 Chicken Patty Sauteed Beef Strips Pasta w/cheese Wild Rice Roasted Beets w/tofu Fresh Vegetable salad Cold Beet Soup Homemade Biscuit	11 Oven-roasted Pork Marinated Chicken gyros Oven-roasted Potatoes Rice w/vegetables Carmelized carrots Seasonal vegetable salad Lentil Bean Soup Cottage cheese Pudding
14 Teriyaki Chicken Sweet & Sour Pork Oven-roasted Potatoes Egg Noodles Grilled Vegetables Fresh Vegetables / Salads Gaspacho Soup Fruit	15 Curry Chicken Pork Patties Oven Roasted potatoes Pasta w/spinach Eggplant-Tomato-Chick pea mix Green Leafy Salad Chicken Noodle Soup Panna Cotta	16 Beef Bolognese Chicken Fillet Risotto w/vegetables Spaghetti Roasted Beets w/goat cheese Crunchy Vegetable Salad Beef Noodle Soup Homemade Biscuits	17 Beef Lasagna Turkey Fillet Panfried Potatoes Buckwheat Vegetarian Lasagna Carrot Salad / Fresh vegetables Cold Beet Soup Orange slices	18 <u>Welcome Back BBQ:</u> Hamburger or Hot Dog Potato Salad Green Leafy Salad Cold Cuts Pickles Ice Cream
21 Chicken Drumstick Sauteed Beef Strips Pasta w/cheese Wild Rice Roasted Beets w/tofu Fresh Vegetable salad Cold Beet Soup Homemade Biscuit	22 Steamed Pork Chicken patties Oven-roasted Potatoes Rice w/vegetables Carmelized carrots Seasonal vegetable salad Lentil Bean Soup Cottage cheese Pudding	23 Beef & Lamb Patties Oven-roasted Pork Mashed Potatoes Rice w/chick peas & lentils Steamed Vegetables w/cheese Green Leafy salad Summer Vegetable Soup Warm Cottage Cheese Pudding	24 Turkey Patties Marinated Chicken gyros Egg Noodles Cous Cous w/veggies Zucchini carrots in tomato sauce Beet salad / Fresh cut vegetables Gaspacho Soup Yogurt	25 Chicken sausages Salmon fillet Pasta w/cheese Bulgur w/pesto Roasted Pumpkin Fresh vegetables / Lettuce Salad Tomato Cream Soup Fresh fruit
28 Teriyaki Chicken Sweet & Sour Pork Oven-roasted Potatoes Egg Noodles Grilled Vegetables Fresh Vegetables / Salads Gaspacho Soup Fruit	29 Curry Chicken Pork Patties Oven Roasted potatoes Pasta w/spinach Eggplant-Tomato-Chick pea mix Green Leafy Salad Chicken Noodle Soup Panna Cotta	30 Beef Bolognese Chicken Fillet Risotto w/vegetables Spaghetti Roasted Beets w/goat cheese Crunchy Vegetable Salad Beef Noodle Soup Homemade Biscuits	31 Beef Lasagna Turkey Fillet Panfried Potatoes Buckwheat Vegetarian Lasagna Carrot Salad / Fresh vegetables Cold Beet Soup Orange slices	

*** To sign-up for a school lunch, please visit the school website www.isl.edu.lv ***