



Preschool - Grade 3
AUGUST



Monday	Tuesday	Wednesday	Thursday	Friday
7	8	9 <i>Snack ONLY</i> Cereal w/milk, Bananas <i>Noon Dismissal</i> <i>No Lunch!</i>	10 <i>Snack –</i> Cheese Toast, Cucumbers <i>Lunch –</i> Chicken Patty Pasta Cucumber tomato salad Cold Beet Soup Homemade Biscuit	11 <i>Snack –</i> Warm Cottage cheese pudding w/strawberry sauce <i>Lunch –</i> Oven-roasted Pork Rice Seasonal vegetable salad Bean Lentil Soup Homemade Muffin
14 <i>Snack –</i> Oatmeal w/jam <i>Lunch –</i> Chicken fillets Rice Carrot Salad Gaspacho Soup Fruit	15 <i>Snack –</i> Homemade Berry Muffin Bananas <i>Lunch –</i> Pork Patty Oven-roasted Potatoes Steamed Broccoli Chicken Noodle Soup Panna Cotta	16 <i>Snack –</i> Cheese Cucumber Tomato sandwich <i>Lunch –</i> Spaghetti Beef Bolognese sauce Fresh vegetables Beef & Rice Soup Homemade biscuit	17 <i>Snack –</i> Apple Pastry, bananas <i>Lunch –</i> Turkey Fillet Pan-fried Potatoes Green Salad w/tomatoes Cold Beet Soup Orange Slices	18 <i>Snack –</i> Pancakes w/jam <u>Welcome Back BBQ:</u> Hamburger or Hot Dog Potato Salad Green Leafy Salad Cold Cuts / Pickles Ice Cream
21 <i>Snack –</i> Cereal w/milk, Bananas <i>Lunch –</i> Chicken Drumstick Roasted Potatoes Fresh Vegetables Broccoli Cream Soup Fruit	22 <i>Snack –</i> Cheese Toast, Cucumbers <i>Lunch –</i> Chicken Patty Pasta Cucumber tomato salad Cold Beet Soup Homemade Biscuit	23 <i>Snack –</i> Warm Cottage cheese pudding w/strawberry sauce <i>Lunch –</i> Oven-roasted Pork Rice Seasonal vegetable salad Bean Lentil Soup Homemade Muffin	24 <i>Snack –</i> Oatmeal w/jam <i>Lunch –</i> Turkey Patty Mashed Potatoes Beet salad Summer Vegetable Soup Fresh fruit	25 <i>Snack –</i> Omelette, Tomatoes & Cucumbers <i>Lunch –</i> Chicken sausages Spaghetti Steamed vegetables Tomato Cream Soup Fresh Fruit
28 <i>Snack –</i> Oatmeal w/jam <i>Lunch –</i> Chicken fillets Rice Carrot Salad Gaspacho Soup Fruit	29 <i>Snack –</i> Homemade Berry Muffin Bananas <i>Lunch –</i> Pork Patty Oven-roasted Potatoes Steamed Broccoli Chicken Noodle Soup Panna Cotta	30 <i>Snack –</i> Cheese Cucumber Tomato sandwich <i>Lunch –</i> Spaghetti Beef Bolognese sauce Fresh vegetables Beef & Rice Soup Homemade biscuit	31 <i>Snack –</i> Apple Pastry, bananas <i>Lunch –</i> Turkey Fillet Pan-fried Potatoes Green Salad w/tomatoes Cold Beet Soup Orange Slices	

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