

# Sample School Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<b>31-Jul</b>	<b>1-Aug</b>	<b>2-Aug</b>	<b>3-Aug</b>	<b>4-Aug</b>
Mashed Potatoes with Cheddar Cheese, Baked Chicken Breast, Oven Roasted Carrots, Fresh Cut Fruit	Grilled Cheese and Turkey Sandwich, Roasted Red Potato, Steamed Broccoli, Fresh Cut Fruit	Pasta Primavera, Baked Chicken Breast, Zucchini Squash, Fresh Cut Fruit	Grass-fed Beef Chili with Cheddar Cheese, Brown Rice, Oven Roasted Carrots, Fresh Cut Fruit	Cheese Pizza, Fresh Cucumber with House Made Ranch Dressing, Fresh Cut Fruit
Grilled Tofu	Grilled Cheese Sandwich	Grilled Tofu	TVP Chili With Kidney Beans	Vegetarian
<b>7-Aug</b>	<b>8-Aug</b>	<b>9-Aug</b>	<b>10-Aug</b>	<b>11-Aug</b>
Broccoli, Cauliflower & Cheese Casserole with Baked Chicken Breast, Plain Pasta, Fresh Baked Baguette, Fresh Cut Fruit	Oven Roasted Turkey and Cheese Cubes, Crackers, Cucumber, Ranch Dressing Fresh Cut Fruit	Macaroni and Cheese, Oven Roasted Chicken Breast, Steamed Broccoli, Fresh Cut Fruit	Turkey Meat Sauce with Penne Pasta, Fresh Green Beans and Carrots, Fresh Cut Fruit	Beef Burrito with Beans and Cheese, Spanish Rice, Steamed Broccoli, Fresh Cut Fruit
Grilled Tofu	Assorted Cheese and Diced Vegetables	Grilled Tofu	Diced Vegetables & Black Beans in Marinara Sauce	Beans and Cheese Burrito
<b>14-Aug</b>	<b>15-Aug</b>	<b>16-Aug</b>	<b>17-Aug</b>	<b>18-Aug</b>
BBQ Beef Slider, Baked Beans, Fresh Corn on Cob, Fresh Cut Fruit	Baked Chicken Breast with Mild Curry Sauce, Steamed Rice, Roasted Carrots, Fresh Cut Fruit	Turkey Kielbasa & Rice Casserole, Vegetable Medley, Fresh Baked Baguette, Fresh Cut Fruit	Farfalle Pasta with Alfredo Sauce, Baked Chicken Breast, Roasted Carrots, Fresh Cut Fruit	Chicken Fingers, Roasted Red Potatoes, Creamed Spinach, Fresh Cut Fruit
BBQ Boca Burger Slider	Grilled Tofu	Veggie Sausage & Rice Casserole	Veggie Sausage & Rice Casserole	Baked Cheese Sticks
<b>21-Aug</b>	<b>22-Aug</b>	<b>23-Aug</b>	<b>24-Aug</b>	<b>25-Aug</b>
Mashed Potatoes with Cheddar Cheese,	Turkey and Cheese Croissant	Grass-fed Beef Meat Loaf, Mashed	Chicken and Cheese Quesadillas, Brown	Grass-fed Beef Sloppy Joe's with Jack

Baked Chicken Breast, Oven Roasted Carrots, Fresh Cut Fruit	Sandwich, Broccoli Pasta Salad, Sliced Cucumbers, Fresh Cut Fruit	Potato, Sautéed Green Beans & Carrots, Fresh Cut Fruit	Rice, Black Beans, Sour Cream, Fresh Cut Fruit	Cheese, Oven Roasted Potatoes, Fresh Buttered Corn on Cob, Fresh Cut Fruit
Grilled Tofu	Assorted Cheese Croissant Sandwich	Veggie Meatloaf	Cheese Quesadilla	Boca Burger Sloppy Joe's

**28-Aug**

**29-Aug**

**30-Aug**

**31-Aug**

**1-Sep**

Macaroni and Cheese, Oven Roasted Chicken Breast, Steamed Broccoli, Fresh Cut Fruit	Grilled Cheese Sandwich, Roasted Red Potato, Steamed Broccoli, Fresh Cut Fruit	Baked Chicken Breast with Mild Creamy Anaheim Sauce, Steamed Rice, Diced Carrots and Peas, Fresh Cut Fruit	Grass-fed Beef Shepherd's Pie Casserole, Sourdough Bread, Oven Roasted Yellow Squash, Fresh Cut Fruit	Cheese Pizza, Fresh Cucumber with House Made Ranch Dressing, Fresh Cut Fruit
Grilled Tofu	Grilled Cheese Sandwich	Grilled Tofu	TVP Chili With Kidney Beans	Vegetarian

The Simply Fresh Kitchen  
[www.new.thesimplyfreshkitchen.com](http://www.new.thesimplyfreshkitchen.com)  
 5909 Glenmont St. Bldg. 24  
 Houston, TX 77081  
 (346) 571-7971  
[info@thesimplyfreshkitchen.com](mailto:info@thesimplyfreshkitchen.com)