



**SALAD BAR OFFERED DAILY**



**CLASSIC CAFÉ**

**Vegetable Protein Available Daily**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
7	8	9	10	11
14	15 Chicken Fried Chicken Bites or Italian Roasted Chicken Bites Green Beans Mashed Potatoes Fresh Fruit	16 Pasta Bar Alfredo or Red Sauce Penne Pasta Grilled Chicken Broccoli Breadstick Fresh fruit	Breakfast for Lunch Pancakes, Eggs Bacon or Turkey Sausage Fresh Fruit or Salmon, Rice Pilaf, Fresh Vegetable \$8.00	18 Chicken Enchiladas in White Cream Sauce Fresh Vegetable Fresh Fruit
21 Ultimate Grilled Cheese Sandwich Fresh Vegetable Fresh Fruit	22 Taco Tuesday Soft Ground Beef Taco Pinto Beans Mexican Rice Fresh Fruit	23 Chicken or Eggplant Parmesan Bites Angel Hair Pasta Homemade Marinara Butternut Squash Fresh Fruit	24 Chicken Makhani Fusion (Sauce on the Side) Jasmine Rice Fresh Vegetable Fresh Fruit	25 Pizza Day Pepperoni or Cheese Kale & Romaine Caesar Salad & Fresh Fruit or Salmon, Rice Pilaf, Fresh Vegetable \$8.00
28 Tender Teriyaki Steak Bites Jasmine Rice Fresh Vegetable Fresh Fruit (Veggie Protein Available)	29 Hamburger Slider Shoestring Fries Fresh Fruit	30 Mac & Cheese Bowl (Whole Wheat Pasta) w/ Maple Bacon Breadstick Fresh Vegetable Fresh Fruit	31 Breakfast for Lunch Pancakes, Eggs Bacon or Turkey Sausage Fresh Fruit or Kickin' Grilled Chicken Rice Pilaf & Fresh Vegetable \$8.00	

**WEEKLY GRAB N GO**

**DAILY**

Sun Butter & Jelly Sandwich  
Ham Sandwich on Whole Wheat  
Turkey Sandwich on Whole Wheat

**FLAVORS OF THE MONTH**

Rosemary  
Butternut Squash  
Apples  
Black Beans



**Prepared meals coming  
September 2023**

**For all on-site & off-site catering,  
please contact [cafe@stmarkhouston.org](mailto:cafe@stmarkhouston.org)**

**SPONSORS**



**Thank you, Davin Black**  
Agent

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[www.insuredbydavin.com](http://www.insuredbydavin.com)



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Davin Black State Farm Agency

**VENDORS**

Fruits and Vegetables  
Provided By Atkinsons Farms

Fresh Baked Bread & Muffins  
Provided By Ashcraft Bakery

The Common Market #44 Farms



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14	15 Chicken Fried Chicken or Vegan Vegetable Patty Mashed Potatoes Green Beans Fresh Fruit	16 Pasta Bar Alfredo or Red Sauce Penne Pasta Sausage, Chicken or Shrimp+\$2 Seasoned Broccoli Breadstick	17 Chicken & Waffles Fresh Fruit or Salmon, Rice Pilaf, Fresh Vegetable \$8.00	18 Chicken Enchiladas in White Cream Sauce Fresh Vegetable
21 Ultimate Grilled Cheese Sandwich w/ Tomato Basil Soup Fresh Vegetable	22 Taco Tuesday Ground Beef Tacos Pinto Beans Mexican Rice (Veggie Protein Available)	23 Chicken or Eggplant Parmesan Angel Hair Pasta Homemade Marinara Butternut Squash	24 Chicken Makhani Fusion Jasmine Rice Fresh Vegetable	25 Pizza Day Pepperoni or Cheese Kale & Romaine Caesar Salad or Salmon, Rice Pilaf, Fresh Vegetable \$8.00
28 Tender Teriyaki Steak Jasmine Rice Fresh Vegetable (Veggie Protein Available)	29 Build Your Own Bowl Santa Fe Bowl Diced Chicken, Rice, Roasted Corn, Black Beans, Mango Pico, Sante Fe Sauce (Veggie Protein Available)	30 Mac & Cheese Bar (Whole Wheat Pasta) Maple Bacon, Grilled Chicken or Shrimp+\$2 Breadstick Fresh Vegetable	31 Breakfast for Lunch Pancakes, Eggs Bacon or Turkey Sausage Fresh Fruit or Kickin' Grilled Chicken, Rice Pilaf & Fresh Vegetable \$8.00	

**WEEKLY GRAB N GO**

**TUESDAY**  
Hand-Formed Burgers  
Regular, Cheese, or  
Bacon & Cheese

**WEDNESDAY**  
Steak Fajita Bowl  
Chicken Fajita Bowl

**THURSDAY**  
Hand-Breaded Chicken Tenders



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September 2023

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