

AUGUST 2023

EC-4TH GRADE





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	Chicken Fried Chicken Bites or Italian Roasted Chicken Bites Green Beans Mashed Potatoes Fresh Fruit	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
Ultimate Grilled Cheese Sandwich Fresh Vegetable Fresh Fruit	Taco Tuesday Soft Ground Beef Taco Pinto Beans Mexican Rice Fresh Fruit	Chicken or Eggplant Parmesan Bites Angel Hair Pasta Homemade Marinara Butternut Squash Fresh Fruit	Chicken Makhani Fusion (Sauce on the Side) Jasmine Rice Fresh Vegetable Fresh Fruit	Pizza Day Pepperoni or Cheese Kale & Romaine Caesar Salad & Fresh Fruit or Salmon, Rice Pilaf, Fresh Vegetable \$8.00
Tender Teriyaki Steak Bites Jasmine Rice Fresh Vegetable Fresh Fruit (Veggie Protein Available)	29 Hamburger Slider Shoestring Fries Fresh Fruit	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

SPONSORS Thank you, Davin Black Agent 1315 W Grand Parkway S Suite 102 Katy, TX 77494 (281) 769-8056 (Office & Text) Advin@insuredbydavin.com Davin Black State Farm Agency

VENDORS

Fruits and Vegetables Provided By Atkinsons Farms Fresh Baked Bread & Muffins Provided By Ashcraft Bakery

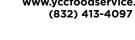
The Common Market #44 Farms



AUGUST 2023

5-8TH GRADE







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		Chicken Fried Chicken or Vegan Vegetable Patty Mashed Potatoes Green Beans Fresh Fruit	Pasta Bar Alfredo or Red Sauce Penne Pasta Sausage, Chicken or Shrimp+\$2 Seasoned Broccoli Breadstick	Chicken & Waffles Fresh Fruit or Salmon, Rice Pilaf, Fresh Vegetable \$8.00	Chicken Enchiladas in White Cream Sauce Fresh Vegetable
21	Ultimate Grilled Cheese Sandwich w/ Tomato Basil Soup Fresh Vegetable	Taco Tuesday Ground Beef Tacos Pinto Beans Mexican Rice (Veggie Protein Available)	Chicken or Eggplant Parmesan Angel Hair Pasta Homemade Marinara Butternut Squash	Chicken Makhani Fusion Jasmine Rice Fresh Vegetable	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)	Build Your Own Bowl Santa Fe Bowl Diced Chicken, Rice, Roasted Corn, Black Beans, Mango Pico, Sante Fe Sauce (Veggie Protein Available)	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



Prepared meals coming September 2023

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davin@insuredbydavin.com

Davin Black State Farm Agency

Click here to check out our reviews!

Fruits and Vegetables **Provided By Atkinsons Farms**

Fresh Baked Bread & Muffins **Provided By Ashcraft Bakery**

The Common Market #44 Farms

VENDORS