

August Kosher Home Delivered Menu

Menu written by: Dan Kaminski Menu Approval: *Ann Stahlheber, MS, RDN, LD*

Each meal is served with 8 oz Milk

Tuesday	Wednesday	Thursday	Friday	Saturday
				Aug 1
				Baked Chicken (4 oz chicken) Three color pasta and Grilled vegetables (1 cup pasta, 1 cup vegetables) Apple sauce 4oz
Aug 4	Aug 5	Aug 6	Aug 7	Aug 8
Chicken Ceasar Salad 1 cup spring mix, 1 cup fresh vegetables, 2 oz WG croutons, 3oz chicken Salad Dressing 1 pc Fruit Juice 4oz	Plov (3 oz beef, ½ cup rice, ½ cup vegetables) Israeli salad 1 cup Apple medium Whole wheat bread 2oz Margarine 1pc	Crispy chicken 3oz Quinoa salad ½ cup quinoa 1 cup veggies (cooked) Whole wheat bread 1 oz Margarine 1 PC Fruit cup 1 cup	BBQ pulled beef 3 oz Couscous 1 cup Cooked vegetables 1 cup Orange medium Oatmeal cookie 2oz	Chicken leg 4 oz Potato 1 cup Pasta salad 1 cup Apple sauce 4oz Whole wheat bread 2oz
Aug 11	Aug 12	Aug 13	Aug 14	Aug 15
Chickpea salad 1 cup fresh vegetables) Grilled Chicken 2 oz Roasted Yams ½ cup Salad Dressing 1 pc Fruit Juice 4oz Whole wheat bread 2oz	Beef 3oz ground beef Kasha ½ buckwheat, ½ cup pasta Corn salad 1 cup Apple Medium	General Tso's chicken 3oz chicken Brown Rice 1 cup Vegetable stir fry 1 cup Fruit cup 1 cup	Beef Stroganoff 3 oz beef 1 cup pasta Roasted mushroom onion 1 cup Orange medium Oatmeal cookie 2oz	Chicken leg 4oz Peas ½ cup Potato Bureka ½ cup potato 3 oz grain Apple sauce 4oz WG flatbread 1oz
Aug 18	Aug 19	Aug 20	Aug 21	Aug 22
Bean salad (1 cup beans, 1 cup fresh vegetables) Grilled Chicken 2 oz Salad Dressing 1 pc Fruit Juice 4oz Whole wheat bread 1oz	Beef lasagna (3oz ground beef, 2oz wheat, ½ cup vegetables) Summer salad (1 cup vegetables) Apple 1 medium	Chicken leg 4 oz Rice (1 cup) Beet salad (1 cup) Apple sauce 4oz WG flatbread 1oz	American Goulash (3oz ground beef, 1 cup pasta, ½ cup cooked vegetables) Bell pepper salad (1 cup) Oatmeal Cookie 2oz Orange medium	Lemon pepper chicken (3oz chicken) Green beans (1cup) Barley (1 cup) Fruit cup 1 cup
Aug 25	Aug 26	Aug 27	Aug 28	Aug 29
Quinoa salad (1/c cup quinoa 1 cup spring mix, 1 cup fresh vegetables) Grilled Chicken 2 oz Salad Dressing 1 pc Fruit Juice 4oz Whole wheat bread 1oz	Chili Ground beef 3oz, beans 1/2 cup, ½ peppers, onion carrots Wild rice 1 cup Apple 1 medium	Falafel 4 oz protein equivalent Pita 3 oz Israeli salad 1/2 cup Hummus ½ cup Fruit cup 1 cup	Beef with buckwheat and vegetables (3oz beef, ½ cup vegetables, ½ buckwheat) Green salad 1 cup Salad Dressing 1 pc Cookie 1oz Orange medium	Grilled chicken 3oz Israeli couscous 1 cup Eggplant in tomato sauce ½ cup eggplant ½ cup tomato sauce Apple sauce 4oz Whole wheat bread 2oz Margarine 1pc

Alternate Meal available daily: **Falafel** (3 oz), **Pita** 2 oz, 1 cup **spring mix salad**, ½ c **hummus**, 1 **fruit**, and **milk** 8 oz