

8/31 Baked vegetable burger or tofu with mixed vegetables, baked sweet potato, napa cabbage, orange, juice 烤蔬菜饼或豆腐蔬菜,大白菜,烤地瓜,橙,果汁	9/1 Baked mushroom chicken, baked potato, green cabbage, banana, juice 香菇鸡腿,烤土豆,高丽菜,香蕉,果汁				8/1 Turkey burger, broccoli, orange, juice 中餐:烤火鸡肉饼,西兰花,橙,果汁 Alternative: Lentil /masoor dal soup, basmati / chapati, cauliflower w/ tomato, raita yogurt 印度餐:豆蔬浓汤,糙米饭,全麦饼,花菜烧西红柿,酸奶切片黄瓜
8/3 Eggplant parmesan baked sweet potato, Bok Choy, orange, juice 烤茄饼,烤地瓜,大白菜,橙,果汁	8/4 BBQ chicken, baked potato, green cabbage, banana, juice 烤鸡腿,高丽菜,烤土豆,香蕉,果汁	8/5 Whole wheat cheese pizza, baked bean, broccoli, apple, juice 比萨饼,炖豆,西兰花,苹果,果汁	8/6 Baked vegetable burger or beef meatball, French fires, mustard green, kiwi, juice 烤蔬菜饼或是牛肉丸,大芥菜,猕猴桃,果汁	8/7 Baked breaded shrimp, sweet corn, carrots with green beans, orange, juice 烤虾,甜玉米,胡萝卜四季豆,橙,果汁	8/8 Chicken patty, broccoli / cauliflower, orange, juice 中餐:烤鸡饼,西兰花/花椰菜,橙,果汁 Alternative: Lentil /masoor dal soup, basmati / chapati, mustard greed with tomato, raita yogurt 印度餐:豆蔬浓汤,糙米饭,全麦饼,芥菜烧西红柿,酸奶切片黄瓜
8/10 Baked vegetable burger, tofu with mixed vegetables, baked sweet potato, napa cabbage, orange, juice 烤蔬菜饼,豆腐蔬菜,大白菜,烤地瓜,橙,果汁	8/11 Baked chicken wing, baked potato, green cabbage, banana, juice 烤鸡翅,高丽菜,烤土豆,香蕉,果汁	8/12 Tofu with mix vegetable or baked breaded fish, French fries, broccoli, apple, juice 豆腐蔬菜或是烤鱼饼,薯条,西兰花,苹果,果汁	8/13 Baked salmon fillet, baked bean, mustard green, kiwi, juice 烤三文鱼,炖豆,大芥菜,猕猴桃,果汁	8/14 Pork chops, sweet corn, sliced carrots w/ green bean, orange, juice 烤猪扒,甜玉米,四季豆,橙,果汁	8/15 Turkey burger, broccoli, orange, juice 中餐:烤火鸡肉饼,西兰花,橙,果汁 Alternative: Lentil /masoor dal soup, basmati / chapati, cauliflower w/ tomato, raita yogurt 印度餐:豆蔬浓汤,糙米饭,全麦饼,花菜烧西红柿,酸奶切片黄瓜

8/17 Cheesy whole wheat quesadillas with black beans, sweet potato, napa cabbage, orange, juice 黑豆芝士饼,烤地瓜,大白菜,橙,果汁	8/18 BBQ chicken, baked potato, green cabbage, banana, juice 烤鸡腿,高丽菜,烤土豆,香蕉,果汁	8/19 Steamed ground pork meat flavored w/dried fish, sweet corn, broccoli, apple, juice 鹹魚肉餅,玉米,西兰花,苹果,果汁	8/20 Bean with mixed vegetable or beef meatball, French fries, mustard green, kiwi, juice 蔬菜杂豆或是牛肉丸,薯条,大芥菜,猕猴桃,果汁	8/21 Cooked shrimp, baked bean, sliced carrots w/green bean, orange, juice 烤虾,炖豆,胡萝卜四季豆,橙,果汁	8/22 Baked breaded fish, broccoli/cauliflower, orange, juice 中餐:烤鱼饼,西兰花/花椰菜,橙,果汁 Alternative: Lentil /masoor dal soup, basmati/chapati, mustard greed with tomato, raita yogurt 印度餐:豆蔬浓汤,糙米饭,全麦饼,花菜烧西红柿,酸奶切片黄瓜
8/24 Tofu with mixed vegetables, baked sweet potato, napa cabbage, orange, juice 豆腐蔬菜,大白菜,烤地瓜,橙,果汁	8/25 BBQ pulled pork, baked potato, green cabbage, banana, juice 西式烤肉,高丽菜,烤土豆,香蕉,果汁	8/26 Oven fried chicken wing, baked bean, broccoli, apple, juice 烤鸡翅,炖豆,西兰花,苹果,果汁	8/27 Tuna and chickpea salad or baked breaded chicken cutlet, French fries, mustard green, kiwi, juice 金枪鱼鹰嘴豆沙拉或是烤鸡排,薯条,大芥菜,猕猴桃,果汁	8/28 Baked salmon fillet, sweet corn, carrots with green bean, orange, juice 三文鱼,甜玉米,胡萝卜四季豆,橙,果汁	8/29 Baked chicken patty, broccoli / cauliflower, orange, juice 中餐:烤鸡饼,西兰花/花椰菜,橙,果汁 Alternative: Lentil /masoor dal soup, basmati / chapati, mustard greed with tomato, raita yogurt 印度餐:豆蔬浓汤,糙米饭,全麦饼,芥菜烧西红柿,酸奶切片黄瓜