

August

2023

The Girls School Austin

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
Turkey & Rice GF Mixed Veggies GF DF V Fruit *Tofu & Rice *Green Garden Salad w/Ranch *Ham & Cheese	Beef Empanadas GF DF V Refried Beans GF DF V Fruit *Spinach & Mushroom Empanada V *Spinach Salad w/balsamic *Turkey & Cheese	Chicken & Veggie Stir Fry Rice GF DF V Fruit *Veggie Stir Fry GF DF V *Caesar Salad V *Sunbutter & Jam	Meatball Sub Fresh Veggie sticks with Ranch GF V Fruit *Veggie Ball sandwich V *Italian Pasta Salad	Hamburger Sliders w/fixins' Potato Salad GF DF V Fruit *Veggie Sliders *Kale Salad w/lemon vinaigrette
28	29	30	31	
Waffles & Chicken Sausage Sandwich Zucchini GF DF V Fruit *Waffle & Veggie sausage sandwich *Green Goddess Salad	Bean & Cheese Quesadilla GF V Guacamole Salad GF DF V Fruit *Taco Salad w/cilantro Vinaigrette GF *Tomato & Basil w/pesto V	Orange Chicken Rice GF DF V Roasted Broccoli GF DF V Fruit *Orange Tofu *Chinese Salad w/mandarin vinaigrette *Roast Beef Sub	Italian AntiPasto Salad w/pasta Breadstick V Fruit *Veggie Pasta salad *Grilled Cheese V	
*Vegetarian *Salad of the day with dressing & fruit *Sandwich of the Day bento with crisps & fruit				