



August 2026 Lunch Menu

Café Hours: M-F 6:30-AM – 3:00 PM

Serving Hot Breakfast 6:30AM to 10:00 AM / Serving Hot Lunch: 11:00 AM to 1:30 PM

Vegetarian options highlighted in Green Gluten Friendly options indicated with an Asterix

3rd Spaghetti with Meat sauce Garden Salad Bosco Stick Spaghetti with Marinara Italian Wedding Soup	4th Italian Beef* sandwich Super Salad* Curly Fries French Onion Soup	5th Bruschetta Chicken Asparagus* Creamy Parmesan Orzo Grilled Veggie Bake Vegetable Beef Soup	6th Wing Bar! Boneless wings with Assorted sauces Assorted Vegetables with Ranch or Blue Cheese* Macaroni and Cheese Tomato Basil	7th Salmon Patty W/ dill sauce Roasted Broccoli* Cucumber Salad Baby Bakers Chicken and Gnocchi Soup
10th Parmesan crusted Tilapia* Lemon Roasted Asparagus Cilantro Lime Rice* Grilled Veggie Bake Potato Soup	11th Potato Bar* with Assorted Toppings Broccoli* Cheese* Bacon* Ham * Chili Cheeseburger Soup	12th Chicken or Beef Soft Tacos Mexican style roasted cauliflower* Spanish Rice Fiesta Black Beans* Chicken and Dumpling Soup	13th Beef and Broccoli Stir Fry Stir Fry Veggies* Fried Rice Crab Rangoon Tofu and Vegetable Stir Fry Cream of Asparagus Soup	14th Sloppy Joe Sandwich Roasted Vegetable Medley* Potato Salad Fresh Guacamole or Salsa Verde w/Corn Chips* California Medley Soup
17th Bourbon Glazed Chicken* Parmesan Roasted Cauliflower* Roasted Sweet Potatoes* Broccoli Cheddar Soup	18th Oven Fried Chicken Southern Green Beans Mashed Potatoes w/ Gravy French Onion Soup	19th Build a Burrito Bowl Chicken or Beef* Black Beans* Mexican Style Corn Cilantro Lime Rice Grilled Peppers and Onions* Assorted cold toppings Chicken and Rice Soup	20th Orange Glazed Salmon Asparagus* Roasted Sweet Potatoes* Cheese Ravioli Tomato Basil Soup*	21st Caribbean jerk Chicken Green Beans* Grilled Pineapple* Cilantro Lime Rice Mushroom Brie Bisque
24th Chunky Chicken Salad on leaf lettuce Roasted Red Pepper Hummus w/ Fresh Cut Veggies* Rosemary Muffins Cheeseburger Soup	25th Pork Street Tacos w/ Apple & Pineapple Pico De Gallo Spanish Rice Fiesta Black Beans Creamy Tortellini w/ Broccoli and Roasted Red Peppers Clam Chowder	26th Pizza Day – Chicken Bacon Ranch, Spinach Feta, Pepperoni, Cheese Apple and Kale Salad Boscoe Stick w. Marinara Chicken and Gnocchi Soup	27th Pineapple BBQ Meatballs Garlic Green Beans Kimchi Fried Rice Smokey Poblano Soup	28th Marinated Chicken w/ Mango Salsa Asparagus Herbed Couscous Shells Florentine Mushroom Brie Bisque
31st Mediterranean Chicken Breast Roasted Zucchini Roasted Potato Medley Spinach stuffed portobello Sweet Pepper and Beef Soup			At least 4 out of 5 lunch meals we serve during the week follow the plate method, which encourages a balanced plate: half filled with non-starchy vegetables, one-quarter with lean protein, and one-quarter with healthy carbohydrate. The Apple a Day café only uses lean cooking techniques such as baking, broiling, boiling, grilling, roasting, and air frying to prepare our meals. Menu approved by RD. Milk available upon request.	