



FAIRFAX & SELMA

AUGUST

	MEAL PICK UP IS ON	WEDNESDAYS FROM	NOON-3:00	FAIRFAX CAMPUS
EACH WEEK'S MEAL PACKAGE WILL CONTAIN: 1 READY TO EAT MEAL, DOUBLE PORTION PREPARED MEAL, DOUBLE PORTION FROZEN MEAL, 5 PORTIONS OF A BREAKFAST, FRESH FRUIT, 1/2 GALLON MILK			farmers market report: August recipes include eggplant, summer squash, bell peppers and corn while they're available. We will also hopefully have melons and grapes.	Menu items are subject to change based on availability.
		August 19		
MEAL PACKAGE PICKUP ON WEDNESDAY AUGUST 19:	dry oats 1/2 gallon milk fruit	1 ready to eat turkey and cheese sandwich	beef bolognese dry pasta parmesan cheese head of romaine lettuce balsamic vinaigrette	black bean soup tortillas & shredded cheese corn on the cob
		August 26		
MEAL PACKAGE PICK UP ON WEDNESDAY AUGUST 26:	breakfast berry oatcake 1/2 gallon milk fruit	1 ready to eat sunflower butter & strawberry jam sandwich	baked pasta with 4 cheeses & end of summer vegetables head of romaine Italian dressing	chicken and corn chowder oyster crackers
		September 2		
MEAL PACKAGE PICK UP ON WEDNESDAY SEPTEMBER 2:	yogurt 1/2 gallon milk fruit	ready to eat pesto pasta salad with fresh mozzarella	pulled pork cole slaw brioche buns	marinara dry pasta parmesan cheese head of romaine lettuce ceaser dressing homemade croutons
				This institution is an equal opportunity provider.