

Breakfast  
Served Daily  
from 7:00-7:50 A.M.

**August 2017  
Crusader Café**

Healthy Tip: Eat **Berries**  
for Brain Function,  
Muscle Tone & Balance

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
				
7	8	9	10	11
				
14	15	16	17	18
		<b>Freshman First Day</b>	<b>Shrimp Poppers</b> Corn Mashed Potatoes Fruit Cup <i>Chicken Ranch</i>	<b>Street Tacos</b> Spanish Rice Mexicali Corn Refried Black Beans Fruit Cup <i>Turkey Bacon Melt</i>
21	22	23	24	25
<b>Chicken Tenders</b> Mashed Potatoes Corn Wheat Roll Fruit Cup <i>Southwest Chicken</i>	<b>Cheese Filled Breadsticks</b> Marinara Sauce Caesar Salad Bean Salad Fruit Cup <i>Italian Chicken Sausage</i>	<b>Turkey on Focaccia</b> Spicy Spuds Cucumber Salad Fruit Cup <i>BBQ Rib/Beef Burrito</i>	<b>Chicken Alfredo</b> Broccoli Fruit Cup <i>Grilled Italian</i>	<b>Frito Chili Pie</b> Red Pepper & Carrots Chunky Tomato Salsa Fruit Cup <i>Buffalo Chicken</i>
28	29	30	31	
<b>Italian Baked Chicken</b> Roasted Green Beans Garlic Mashed Potatoes Wheat Roll Fruit Cup <i>Chicken Fried Steak</i>	<b>Taco Salad Bowl</b> Baby Carrots Cilantro Rice Refried Beans Fruit Cup <i>Meatball Sub</i>	<b>Oriental Sesame Chicken Salad</b> Wheat Roll Pork Eggroll Fruit Cup <i>Buffalo Chicken</i>	<b>Wing Fling</b> Soft Pretzel Potato Cakes/Baked Beans Corn on the Cob Fruit Cup <i>Philly Cheesesteak</i>	

Delis Sandwiches & Burgers are offered every day! Please select Fruit & Vegetables to make it a balanced meal!

"USDA is an equal opportunity provider and employer."