



Drexel University



# AUGUST 2018

## Events Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6  Traveling Science Show	7	8	9	10	11
12	13	14				18
19	20 	21				22
26	27	28  End of Summer Block Party 3:00pm-5:00pm	29	30	31	
						



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## Lunch Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<div style="border: 1px solid black; background-color: yellow; padding: 5px; text-align: center;"> <b>DAILY ALTERNATIVES:</b>            Sun Butter &amp; Jelly on Wheat Bread            American Cheese on Wheat Bread            Vegetarian Beans w/ Yellow Rice         </div>		<b>1</b> Chicken Quesadilla w/ Green Peppers on WG Tortilla, Salsa, Pineapple  AM—WG Mini Bagel w/ Jelly PM—String Cheese & Whole Wheat Crackers	<b>2</b> Chicken Salad on Whole Wheat Bread, Celery Sticks, Grapes  AM—Cheerios w/ Milk PM—Pita Triangles w/ Hummus	<b>3</b> Chef Salad w/ Lettuce, Turkey, Cheese, Tomato, & Cucumber, Strawberries  AM—Apple Cereal Bar PM—WG Animal Crackers	<b>4</b>
<b>5</b>	<b>6</b> Chicken & Broccoli Alfredo w/ WG Pasta, Banana  AM—WG Corn Muffin PM—Ranch Crackers	<b>7</b> Turkey Carnitas in WG Soft Taco Shell, Lettuce, Salsa, Blueberries  AM—Strawberry Yogurt PM—WG Graham Crackers w/ Sun Butter	<b>8</b> Beef Meatloaf w/ Brown Gravy, Corn, Mango  AM—WG Mini Bagel w/ Cream Cheese PM—String Cheese & WG Cheese Crackers	<b>9</b> Turkey Breast & Cheese on WG Wrap, Carrot Sticks, Apples  AM—Rice Krispies w/ Milk PM—Pita Triangles w/ Hummus	<b>10</b> Chicken & White Rice Stir Fry w/ Mixed Veggies, Cantaloupe  AM—Strawberry Cereal Bar PM—WG Animal Crackers	<b>11</b>
<b>12</b>	<b>13</b> WG Macaroni and Cheese with Broccoli, Banana  AM—WG Blueberry Muffin PM—WG Goldfish Crackers	<b>14</b> Beef Cheeseburger Sliders on WG Bun, Asparagus, Honeydew  AM—Vanilla Yogurt PM—WG Graham Crackers w/ Apple Butter	<b>15</b> Chicken Quesadilla w/ Green Peppers on WG Tortilla, Salsa, Pineapple  AM—WG Mini Bagel w/ Jelly PM—String Cheese & Whole Wheat Crackers	<b>16</b> Chicken Salad on Whole Wheat Bread, Celery Sticks, Grapes  AM—Cheerios w/ Milk PM—Pita Triangles w/ Hummus	<b>17</b> Chef Salad w/ Lettuce, Turkey, Cheese, Tomato, & Cucumber, Strawberries  AM—Apple Cereal Bar PM—WG Animal Crackers	<b>18</b>
<b>19</b>	<b>20</b> Chicken & Broccoli Alfredo w/ WG Pasta, Banana  AM—WG Corn Muffin PM—Ranch Crackers	<b>21</b> Turkey Carnitas in WG Soft Taco Shell, Lettuce, Salsa, Blueberries  AM—Strawberry Yogurt PM—WG Graham Crackers w/ Sun Butter	<b>22</b> Beef Meatloaf w/ Brown Gravy, Corn, Mango  AM—WG Mini Bagel w/ Cream Cheese PM—String Cheese & WG Cheese Crackers	<b>23</b> Turkey Breast & Cheese on WG Wrap, Carrot Sticks, Apples  AM—Rice Krispies w/ Milk PM—Pita Triangles w/ Hummus	<b>24</b> Chicken & White Rice Stir Fry w/ Mixed Veggies, Cantaloupe  AM—Strawberry Cereal Bar PM—WG Animal Crackers	<b>25</b>
<b>26</b>	<b>27</b> WG Macaroni and Cheese with Broccoli, Banana  AM—WG Blueberry Muffin PM—WG Goldfish Crackers	<b>28</b> Beef Cheeseburger Sliders on WG Bun, Asparagus, Honeydew  AM—Vanilla Yogurt PM—WG Graham Crackers w/ Apple Butter	<b>29</b> Chicken Quesadilla w/ Green Peppers on WG Tortilla, Salsa, Pineapple  AM—WG Mini Bagel w/ Jelly PM—String Cheese & Whole Wheat Crackers	<b>30</b> Chicken Salad on Whole Wheat Bread, Celery Sticks, Grapes  AM—Cheerios w/ Milk PM—Pita Triangles w/ Hummus	<b>31</b> Chef Salad w/ Lettuce, Turkey, Cheese, Tomato, & Cucumber, Strawberries  AM—Apple Cereal Bar PM—WG Animal Crackers	<div style="border: 2px solid black; border-radius: 50%; background-color: yellow; padding: 10px; text-align: center; width: fit-content; margin: auto;"> <b>WG = Whole Grain Food Item</b> </div>