




Community Action of Napa Valley

Lunch Menu August 2024

For Information, Call (707) 253-6100 Ext. 111



Menu subject to change without notice. Suggested Donation \$4.50

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Indicates Menu with \geq 1,000 mg sodium </p> <p>Indicates Vitamin C Source*</p> <p>Indicates Vitamin A Source**</p>				
			1	2
			<p>Beef Patty</p> <p>Potato Wedges</p> <p>Broccoli*</p> <p>Whole Grain Hamburger Bun</p> <p>Fresh Pear</p> <p>Milk</p> <p>Ketchup</p>	<p><i>New!</i> Krab Cake w/Lemon Caper Sauce</p> <p>Brown Rice</p> <p>Whole Kernel Corn</p> <p>Spinach Salad**</p> <p>Fresh Orange*</p> <p>Milk</p> <p>Italian Dressing</p>
5	6	7	8	9
<p><i>New!</i> Tandoori Chicken Meatballs</p> <p>Brown Rice</p> <p>Capri Vegetables**</p> <p>Applesauce*</p> <p>Milk</p>	<p>Herb Crusted Pork Loin</p> <p>Whipped Potatoes*</p> <p>Mixed Vegetable Blend**</p> <p>Whole Grain Dinner Roll</p> <p>Fresh Apple</p> <p>Milk</p>	<p>Chef Salad </p> <p>California Vegetable Blend Salad***</p> <p>Wheat Dinner Roll</p> <p>Fresh Pear</p> <p>Milk</p> <p>Italian Salad Dressing</p>	<p>Potato Crusted Pollock</p> <p>w/ Dill Sauce</p> <p>Brown Rice Pilaf</p> <p>Succotash w/Carrots**</p> <p>Fresh Orange*</p> <p>Milk</p>	<p>Beef/Turkey Taco Meat</p> <p>Pinto Beans</p> <p>Broccoli and Cauliflower*</p> <p>Whole Wheat Tortilla</p> <p>Fresh Pear</p> <p>Chocolate Milk</p>
12	13	14	15	16
<p>Cheese Omelet w/Black Beans</p> <p>O'Brien Potatoes*</p> <p>Whole Wheat Bread</p> <p>Mixed Fruit</p> <p>Milk</p> <p>Grape Jelly</p>	<p>Chicken Fried Brown Rice</p> <p>Whole Kernel Corn</p> <p><i>New!</i> Asian Green Beans</p> <p>Fresh Orange*</p> <p>Milk</p> <p>Fortune Cookie</p>	<p><i>New!</i> Pizza Casserole</p> <p>(Whole Grain Pasta in entrée)</p> <p>Broccoli*</p> <p>Spinach Salad**</p> <p>Pineapple Tidbits</p> <p>Chocolate Milk</p> <p>Ranch Salad Dressing</p>	<p><i>New!</i> Thai Chicken Satay</p> <p>Brown Rice</p> <p>Green Peas</p> <p>California Vegetable Blend***</p> <p>Fresh Pear</p> <p>Milk</p>	<p>Cuban Pork & Swiss Sandwich</p> <p>Brussels Sprouts w/Potatoes*</p> <p><i>New!</i> Plantains</p> <p>Whole Grain Hamburger Bun</p> <p>Milk</p> <p>Mustard</p>
19	20	21	22	23
<p>Meatloaf w/Brown Gravy</p> <p>Whipped Potatoes*</p> <p>Carrots**</p> <p>Wheat Dinner Roll</p> <p>Fresh Apple</p> <p>Milk</p>	<p>Turkey Stroganoff</p> <p>Whole Grain Penne Pasta</p> <p>Whole Kernel Corn</p> <p>Broccoli*</p> <p>Fresh Pear</p> <p>Milk</p>	<p>Chicken Fajitas</p> <p>Black Beans & Rice</p> <p>Mixed Green Salad**</p> <p>Whole Grain Tortilla Chips</p> <p>Fresh Orange*</p> <p>Milk</p> <p>Taco Sauce</p>	<p>Salisbury Steak</p> <p>Steakhouse Sauce</p> <p>Yams**</p> <p>Green Beans</p> <p>Whole Wheat Bread</p> <p>Applesauce*</p> <p>Chocolate Milk</p>	<p>BBQ Chicken Leg Quarter</p> <p>Whole Grain Macaroni & Cheese</p> <p>Collard Greens***</p> <p>Fresh Apple</p> <p>Milk</p>
26	27	28	29	30
<p>Creamy Chicken Marsala</p> <p><i>(New! Creamy Marsala Sauce)</i></p> <p>Whole Grain Penne Pasta</p> <p>Broccoli*</p> <p>Fresh Pear</p> <p>Chocolate Chip Cookie</p> <p>Milk</p>	<p>Smothered Meatballs</p> <p>(w/ Beef & Pork)</p> <p>Garlic Whipped Potatoes*</p> <p>Mixed Vegetable Blend**</p> <p>Whole Grain Dinner Roll</p> <p>Hot Pineapple Tidbits</p> <p>Milk</p>	<p>Lemon Pepper Tuna Salad</p> <p>Spinach Salad**</p> <p>Whole Wheat Bread Slices (2)</p> <p>Tropical Fruit*</p> <p>Chocolate Milk</p> <p>Ranch Salad Dressing</p>	<p>Chicken a La King</p> <p>Brown Rice</p> <p>Whole Kernel Corn</p> <p>Cabbage w/Carrots***</p> <p>Fresh Pear</p> <p>Milk</p>	<p>Labor Day Meal </p> <p>BBQ Pork Riblet</p> <p>Green Peas</p> <p>Coleslaw*</p> <p>Whole Grain Hamburger Bun</p> <p>Apple Cobbler</p> <p>Milk</p>