

August 2026

SISTERS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MOW	IN PERSON, MOW, G'NGO	MOW & GRAB 'N GO	MOW & GRAB 'N GO	MOW
3 Frozen Meal	4 Chicken Pesto Pasta Caprese Salad Fruit	5 Chef's Special 	6 Turkey Chili Bowl with Baked Potato Carrot Raisin Salad Fresh Fruit	7 Frozen Meal
10 Frozen Meal	11 Turkey and Ham Sandwich Summer Salad Strawberries	12 Teriyaki Chicken Noodle Bowl with Stir Fried Vegetables Asian Slaw Fresh Fruit Fortune Cookie	13 Chef's Special 	14 Frozen Meal
17 Frozen Meal	18 Pork Pozole Chili Lime Quinoa Salad Roll with Butter Fresh Fruit	19 Blackened Fish Cajun Rice Seasonal Vegetables Pea Salad Fresh Fruit	20 Turkey Bolognese Roasted Vegetables Caesar Salad Fresh Fruit	21 Frozen Meal
24 Frozen Meal	25 Cajun Roast Chicken Rice Steamed Vegetables Macaroni Salad Fresh Fruit	26 Red Beans & Rice Soup with Pork Garden Salad Roll with Butter Fresh Fruit	27 Turkey Sloppy Joe Seasonal Vegetables Broccoli Salad Fruit	28 Frozen Meal

31
Frozen Meal

**TUESDAY
PROGRAMS
START AT 11:30**

**Aug 4: BP with the Girls
Aug 11: Talkin' Nuggets
Aug 18: Construction Stories
Aug 25: Free Play**

