

Howard Beach OAC

August 2026 Menu

(Menu is subject to change)

Monday	Tuesday	Wednesday	Thursday	Friday
August 3 • Arroz con Gandules (Mexican Style Brown Rice with Pigeon Peas) • Whole Wheat Bread • Garden Salad (no dressing) • Plums (2) • 1% Low Fat Milk	August 4 • Beef and Peppers • Egg Noodles • Whole Wheat Pita • Baby Spinach Salad with Lemon Vinaigrette • Watermelon • 1% Low Fat Milk	August 5 • Chicken Soup with vegetables • Light Egg Salad with Lettuce • Classic Garlic Bread • Sweet Beet Salad • Apple • 1% Low Fat Milk	August 6 • Chicken Salad • Whole Wheat Pita • Toasted Salad with Black Beans and Dressing • Banana • 1% Low Fat Milk	August 7 • Baked Salmon with Lemon, Tarragon and Thyme • Whole Wheat Bread • Mashed Potatoes • Steamed Broccoli • Orange • 1% Low Fat Milk
August 10 • All American Loaded Baked Potato • Beet Humus (½ cup) • Whole Wheat Bread • Garden Salad with Cannellini Beans (no dressing) • Blueberries • 1% Low Fat Milk	August 11 • Baked Chicken Quarters • Classic Macaroni Salad • Coleslaw • Orange • 1% Low Fat Milk	August 12 • Beef Hamburger • Whole Wheat Dinner Roll • Garden Salad (no dressing) • Peppers and Onions • Sweet and Smokey Baked Mixed Beans • Fruit Salad • 1% Low Fat Milk	August 13 • Smothered Pork Chops • Perfect White Rice • Beet, Arugula, and Feta Salad • Cantaloupe • 1% Low Fat Milk	August 14 • Tuna Salad • Bowtie Pasta Salad • Whole Wheat Bread • Bean Salad with French Dressing • Garden Salad (no dressing) • Grapes • 1% Low Fat Milk
August 17 • Beet and Black Bean Salad • California Veggie Burger • Baked Fries • Baked Onions • Lettuce and Tomato • Tangerines (2) • 1% Low Fat Milk	August 18 • Baked Asian Style Honey Chicken • Chinese Style Vermicelli Noodles (½ cup) • Whole Wheat Bread • Asian cucumber Salad • Orange • 1% Low Fat Milk	August 19 • Beef Meatloaf • Whole Wheat Bread • Garden Salad (no dressing) • Garlic Mashed Potatoes • Kiwis (2) • 1% Low Fat Milk	August 20 • Chicken Shawarma • Plain Pita • Roasted Potatoes • Romaine, Kale, Pepper, Black Olive, and Feta Salad (no dressing) • Pear • 1% Low Fat Milk	August 21 • Parmesan Baked Fish • Basic Pasta Salad • Baby Spinach Salad with Black Beans and Lemon Vinaigrette • Orange • 1% Low Fat Milk

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August 24 • A Nice Vegetable Soup • Brown Rice and Black Beans • Beet Salad • Nectarine • 1% Low Fat Milk	August 25 • Chicken Kyiv • Ukrainian countryside potatoes • Green peas • Tomato and Cucumber Salad with Sour Cream Dressing • Tangerines (2) • 1% Low Fat Milk	August 26 • Beef Soup • BBQ Pork Chops • Whole Wheat Pita • Kale Salad with Beets and Apple • Potato Salad • Apple • 1% Low Fat Milk	August 27 • Brown Stew Chicken • Caribbean Rice and Red Beans • Whole Wheat Bread • Caribbean Style Roasted Cabbage With Carrots • Honeydew • 1% Low Fat Milk	August 28 • Oven Fried Fish • Whole Wheat Bread • Home Fries with Peppers and Onions • Spinach, Apple and Red Onion Salad • Grapefruit • 1% Low Fat Milk
August 31 • Tasty Whole Wheat Lo Mein with Edamame • Whole Wheat Bread • Baby Spinach Salad with Black Beans and Lemon Vinaigrette • Mixed Vegetables • Pear • 1% Low Fat Milk				