

Howard Beach OAC September 2026 Menu *(Menu is subject to change)*

International Cuisine Days are back!

Monday	Tuesday	Wednesday	Thursday	Friday
	September 1: Puerto Rico PR • Beef Picadillo (Ground beef cooked with onions and bell peppers) • Yellow Rice and Red Beans • Steamed Carrots • Papaya • 1% Low Fat Milk	September 2 • Oven Fried Chicken Wings • Baked Macaroni & Cheese • Cornbread • Arugula Salad with Roasted Beets, Carrots & Chickpeas • 1% Low Fat Milk	September 3 • Pork Spare Ribs • Springtime Fried Brown Rice • Sauteed Bok Choy with Garlic • Mango, Tangerine (½ svg) • 1% Low Fat Milk	September 4 • Sweet Orange Salmon • Brown Rice & Red Beans • Spinach, Apple & Red Onion Salad • Orange • 1% Low Fat Milk
September 7 • Black Bean Soup • Brown Rice with Kidney Beans • Beet, Arugula & Feta Salad • Peach • 1% Low Fat Milk	September 8: France FR • Chicken Francaise (Chicken breast in a simple lemon sauce) • Roasted Potatoes • Green Beans • Apple • 1% Low Fat Milk	September 9 • Beef Stew • Whole Wheat Bread • Arugula with Balsamic Vinaigrette • Garlic Mashed Potatoes • Grapes • 1% Low Fat Milk	September 10 • Baked Breaded Pork Chops • Spanish Brown Rice & Beans • Tex-Mex Barley, Corn & Black Bean Salad • Italian Cut Green Beans • Watermelon • 1% Low Fat Milk	September 11 • Broccoli & Potato Soup • Tuna Salad with Eggs • Whole Wheat Hamburger Bun • Cabbage & Beet Salad • Banana • 1% Low Fat Milk
September 14 • Arroz con Gandules (Mexican Style Brown Rice with Pigeon Peas) • Tropical Bean Stew • Whole Wheat Bread • Garden Salad (no dressing) • Plums • 1% Low Fat Milk	September 15: Poland PL • Beef Goulash (Beef in a mild sauce) • Egg Noodles • Braised Cabbage • Watermelon • 1% Low Fat Milk	September 16 • Chicken Soup with Vegetables • Light Egg Salad with Lettuce • Classic Garlic Bread • Apple • 1% Low Fat Milk	September 17 • Chicken Salad • Whole Wheat Pita • Tossed Salad with Black Beans & Dressing • Banana • 1% Low Fat Milk	September 18 • Baked Salmon with Lemon, Tarragon & Thyme • Whole Wheat Bread • Mashed Potatoes • Steamed Broccoli • Orange • 1% Low Fat Milk

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September 21 • All American Loaded Baked Potato • Beet Humus (½ cup) • Whole Wheat Bread • Garden Salad with Cannellini Beans (no dressing) • Blueberries • 1% Low Fat Milk	September 22: India IN • Chicken Curry (Chicken cooked with curry powder) • White Rice • Steamed Cauliflower and Peas • Orange • 1% Low Fat Milk	September 23 • 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	September 24 • Smothered Pork Chops • Perfect White Rice • Beet, Arugula, and Feta Salad • Cantaloupe • 1% Low Fat Milk	September 25 • Tuna Salad • Bowtie Pasta Salad • Whole Wheat Bread • Bean Salad with French Dressing • Garden Salad (no dressing) • Grapes • 1% Low Fat Milk
September 28 • Beet and Black Bean Salad • California Veggie Burger • Baked Fries • Baked Onions • Lettuce and Tomato • Tangerines (2) • 1% Low Fat Milk	September 29: Germany DE • Sausages • Mashed Potatoes • Sauerkraut • Orange • 1% Low Fat Milk	September 30 • Beef Meatloaf • Whole Wheat Bread • Garden Salad (no dressing) • Garlic Mashed Potatoes • Kiwis (2) • 1% Low Fat Milk		