



# Dinner



## Beef Tacos

*Rice/Black beans/, Taco Toppings/Salad,  
Fruit.*

## Grilled Chicken

*Seasonal Rice or Baked Macaroni & Cheese,  
fruits.*

## Spaghetti w/Marinara

Meat sauce **OR** (Meat Balls), Garlic Bread,  
salad, dessert of the day.

## Tilapia Fish (*Baked or fried*)

*Mixed Vegetables, whipped mashed potatoes,  
Dessert of the day.*

## Vegan: Spaghetti with Marinara

*Mixed vegetables, Salad, Dessert of the day.*

## Koshary (Vegan)

*a mixture of rice, macaroni and lentils,  
brownies.*

## Pasta Primavera with homemade meatballs (Vegan)

*in marinara, salad, garlic bread, fruit.*

## Chipotle Vegan or with chicken

*With cilantro rice, black beans, lettuce, etc.,  
dessert of the day.*

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