

USGDC

what's happening

AUGUST

Week of August 4 to August 8, 2025

MONTHLY  
Highlights



Monday

**Breakfast Special:** Veggie Omelet  
**Market Table:** Swedish Meatballs, Potato and Cheese Pierogi, White Rice, Parslied Egg Noodles, Roasted Brussel Sprouts, Baby Carrots  
**Lunch Special:** Cheese Steak Wrap  
**Chef Table:** Chop Chop Salad



Tuesday



**Breakfast Special:** Turkey Bacon, Egg and Cheese  
**Market Table:** Sweet and Sour Chicken, Sesame Pork Ribs, Fried Rice, Veggie Egg Rolls, Garlic Broccoli, Suage Snap Peas  
**Lunch Special:** Roasted Veggie Wrap  
**Chef Table:** Chop Chop Salad



Wednesday



**Breakfast Special:** Waffle Wednesday  
**Market Table:** Chicken Mole, Sofrito Pork Chops, Yellow Rice, Yucca Fried with Pickled Onion, Roasted Squash, Roasted Green Beans  
**Lunch Special:** Buffalo Chicken Wrap  
**Chef Table:** LTO Grilled Shrimp and Mango Salad



Thursday



**Breakfast Special:** Churro French Toast  
**Market Table:** Chicken Parmesan, Eggplant Parmesan, Pasta Marinara, Garlic Knots, Roasted Mushrooms, Balsamic Cherry Tomatoes  
**Lunch Special:** Italian Grilled Chicken Wrap  
**Chef Table:** Chop Chop Salad



Friday

**Breakfast Special:** Chocolate Chip Pancakes  
**Market Table:** Pork with Escalloped Apples, Rice Pilaf, Potato Wedges, Sauteed Spinach, Vegetable Du Jour  
**Lunch Special:** Chicken Empanadas with Fries

SCAN TO LEARN MORE



THIS MONTH'S SUPERFOOD IS  
TOMATOES

VITAMIN C TO  
PROTECT CELLS  
FIBER RICH

