

PCS Central

AUGUST 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<div>All Meals Come with a choice of milk, Water, and Juice are available daily for purchase. Snacks are offered daily for purchase. Lunch cost is \$2.80, free or reduced lunch are at no cost.</div> 				1	2	3	
	4	5	6	7	8	9	10
	11	12	13	14	15	16	17
	18	19	20	A. Frenchtoast with turkey sausage and berry syrup B Salad Bar C. PBJ w/ cheese stick D. Ham & Cheese Croissant21	A. Pulled Pork Sandwich B Salad Bar C. PBJ w/ cheese stick D. Ham & Cheese Croissant22	A. Cheese or Pepperoni Pizza B. Salad Bar C. PBJ w/ cheese stick D. Ham & Cheese Croissant23	24
25	A. Orange Chicken with Lo Mein B. Salad Bar C. PBJ w/ cheese stick D. Chipotle Turkey Wrap26	A. Walking Taco B. Salad Bar C. PBJ w/ cheese stick D. Chipotle Turkey Wrap27	A. Crispy Chicken Sandwich B. Salad Bar C. PBJ w/ cheese stick D. Chipotle Turkey Wrap28	A. Chicken Alfredo B. Salad Bar C. PBJ w/ cheese stick D. Chipotle Turkey Wrap29	A. Pierogies B. Salad Bar C. PBJ w/ cheese stick D. Chipotle Turkey Wrap30	 31	

The Menu is subject to change at anytime based on availability of the item.
 This institution is an equal opportunity provider.

A Variety of Fruits and veggies are offered with lunch daily

August

Tomatoes



Tomatoes were discovered in Peru, Bolivia, and Ecuador, they were thought to be poisonous until the 1800's. Some tomato varieties that grow the best in PA are: Mister Stripy, Brandywine Red, Sunbeam, and Golden Nugget. Even though tomatoes are a type of fruit, the US Supreme Court ruled that tomatoes are a vegetable in 1893.



Recipe of the Month

Ripe tomatoes should have bright, shiny, red skin, that is free of bruises. They should be soft, heavy, and firm. A fresh smell is the best way to tell if your tomato is ripe. Fresh whole tomatoes should be kept in a cool, dry place out of sunlight. PA Farmers grow tomatoes in early June until the end of October.

Ingredients:

1TBSP Olive oil
3 Cloves garlic, minced
5 fresh tomatoes, diced
2 TBSP Basil, chopped
2 TBSP Parsley, chopped
1 TBSP Honey
1/2 tsp salt
1/4 tsp black pepper

Heat oil in a medium saucepan over medium heat. Add garlic and cook until soft and fragrant, about 2 mins. Stir in tomatoes and allow to cook uncovered until tomatoes have mostly broken down, about 25 mins. Stir often. Stir in remaining ingredients. Continue simmering about 10 minutes. Serve as is or puree in a blender/ food processor for a smooth sauce. Recipe from liveeatlearn.com