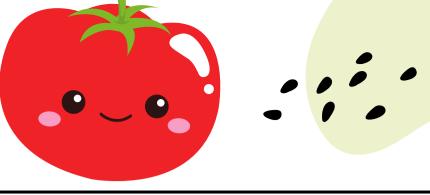


PCS Central

AUGUST 2024

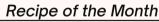


SUNDAY		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
All Meals Come with a ch are available daily for p							
daily for purchase. Lunch lunch ai	n cost is \$ re at no c						
					1	2	3
	4	5	6	7	8	9	10
	11	12	13	14	15	16	17
				A. Frenchtoast with turkey sausage and berry syrup B Salad Bar	A. Pulled Pork Sandwich B Salad Bar C. PBJ w/ cheese stick	A. Cheese or Pepperoni Pizza B. Salad Bar C. PBJ w/ cheese stick	
				C. PBJ w/ cheese stick	D. Ham & Cheese Croissant	D. Ham & Cheese Croissant	
	18	19	20	D. Ham & Cheese Croissant 21	22	23	24
		A. Orange Chicken with Lo Mein B. Salad Bar	A. Walking Taco B. Salad Bar	A. Crispy Chicken Sandwich B. Salad Bar C. PBJ w/ cheese stick	A. Chicken Alfredo B. Salad Bar	A. Pierogies B. Salad Bar	
		C. PBJ w/ cheese stick D. Chipotle Turkey Wrap	C. PBJ w/ cheese stick D. Chipotle Turkey Wrap	D. Chipotle Turkey Wrap	C. PBJ w/ cheese stick D. Chipotle Turkey Wrap	C. PBJ w/ cheese sti <mark>ck</mark> D. Chipotle Turkey W <mark>rap</mark>	
	25	26	27	28	29	30	31

August

Tomatoes

Tomatoes were discovered in Peru, Bolivia, and Ecuador, they were thought to be poisinous 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.



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.

ngredients: 1TBSP Olive oil 3 Cloves garlic, minced 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 saueoa over medium heat. Add garlic and cook 5 fresh tomatoes, diced 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