

# AUGUST 2026

## MEALS on WHEELS<sup>®</sup> SACRAMENTO COUNTY

Menu subject to change without notice. For menu translations and nutritional information, visit [www.mowsac.org](http://www.mowsac.org)

QUESTIONS? PLEASE CALL:  
**(916) 444-9533**

| MONDAY                                                                                                                          | TUESDAY                                                                                                                            | WEDNESDAY                                                                                                     | THURSDAY                                                                                                                                            | FRIDAY                                                                                                                                      |
|---------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------|
| <b>French Toast Sticks</b><br>Eggs<br>Hashbrowns<br>Applesauce<br>1% Milk<br>3                                                  | <b>Beef Stroganoff</b><br>With Whole Wheat Pasta<br>Steamed Peas & Carrots<br>Fresh Pear<br>1% Milk<br>4                           | <b>Teriyaki Chicken</b><br>With Brown Rice<br>Streamed Broccoli & Carrots<br>Mandarin Oranges<br>1% Milk<br>5 | <b>Chicken Cheese Tamale</b><br>With Brown Rice<br>Beans & Corn<br>100 % fruit juice<br>6                                                           | <b>Cheeseburger Slider</b><br>Whole Wheat Bun<br>Sweet Potatoes<br>Fresh Orange<br>1% Milk<br>7                                             |
| <b>Creamy Mushroom Chicken</b><br>with Brown Rice<br>Green Beans<br>Applesauce<br>1% Milk<br>10                                 | <b>Veggie &amp; Cheese Omelet</b><br>with Bell Peppers & Onions<br>Oat Cluster<br>Hash browns<br>Mandarin Oranges<br>1% Milk<br>11 | <b>Broccoli Beef</b><br>Brown Rice,<br>Peas & Carrots<br>Fresh Pear<br>1% Milk<br>12                          | <b>Southwest Chicken Bowl</b><br>with Wild Rice, Beans,<br>Corn & Green Chilies<br>Provolone & Mozzarella Cheese<br>Salsa<br>100% fruit juice<br>13 | <b>BBQ Chicken</b><br>with Yellow Corn<br>Sweet Potatoes<br>Whole Grain Bread Slice<br>Fresh Orange<br>1% Milk<br>14                        |
| <b>Fish Sticks</b><br>with Brown Rice,<br>Broccoli & Carrots<br>Mandarin Oranges<br>1% Milk<br>17                               | <b>Country Fried Steak</b><br>Mashed Potatoes with Gravy<br>Carrots<br>Whole Grain Bread Slice<br>Applesauce<br>1% Milk<br>18      | <b>Whole Wheat Pancake</b><br>with Syrup, Hash browns<br>Turkey Link<br>Fresh Orange<br>1% Milk<br>19         | <b>Cheese Quesadilla</b><br>Wild Rice<br>Black & White Beans,<br>Corn & Onion<br>100% fruit juice<br>20                                             | <b>Spaghetti &amp; Meatballs</b><br>Marinara<br>Vegetable Blend<br>Fresh Pear<br>1% Milk<br>21                                              |
| <b>Philly Cheese Steak Sliders</b><br>on Whole Wheat Bun with<br>Bell Peppers, Onions & Cheese<br>Fresh Orange<br>1% Milk<br>24 | <b>Shrimp Fried Rice</b><br>with Brown Rice,<br>Celery, Peas & Carrots<br>Fresh Pear<br>1% Milk<br>25                              | <b>Curry Chicken</b><br>with Brown Rice,<br>Green Beans<br>Applesauce<br>1% Milk<br>26                        | <b>Cheese Ravioli</b><br>with Basil Pesto<br>Beans, Carrots, Olives & Peppers<br>Whole Grain Bread Slice<br>100% fruit juice<br>27                  | <b>English Muffin Sandwich</b><br>Whole Wheat English Muffin<br>With Egg & Turkey Patty<br>Hash browns<br>Mandarin Oranges<br>1% Milk<br>28 |
| <b>French Toast Sticks</b><br>Eggs<br>Hashbrowns<br>Applesauce<br>1% Milk<br>31                                                 |                                                                                                                                    |                                                                                                               |                                                                                                                                                     |                                                                                                                                             |

**ALLERGEN NOTICE:** Prepared in a facility that processes common allergens. Please check ingredient list on meal for details.

VEGETARIAN : 

SHELLFISH: 

FISH OIL: 

WHEAT: 