



| <b>MONDAY</b>     |                                                                                                                                                                                       | <b>TUESDAY</b>                                                                                                                                                                          | <b>WEDNESDAY</b>                                                                                                                                                                                                                         | <b>THURSDAY</b>                                                                                                                                                                                                                                                                             | <b>FRIDAY</b>                                                                                                                                                             |
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| <b>HOT LUNCH</b>  |                                                                                                                                                                                       |                                                                                                                                                                                         | <b>7/1</b><br><b>Salisbury Steak &amp; Country Gravy</b><br>Salisbury Steak<br>WG Biscuit<br>Garlic Mashed Potatoes<br>Carrots<br>Watermelon<br>Milk<br><br><b>Veg: Soy Beef Strips</b>                                                  | <b>7/2</b><br><b>Chana Masala</b><br>cups total vegetable (dark green vegetable, red/orange vegetable, other vegetable, additional vegetable), eq. meat/meat alternative, chickpeas<br>WG Naan Bread<br>Roasted Zucchini<br>Garlic Green Beans<br>Pineapple<br>Milk<br><br><b>Veg: Same</b> | <br><b>4th OF JULY</b>                                                                                                                                                    |
|                   | <b>COLD LUNCH</b>                                                                                                                                                                     |                                                                                                                                                                                         | <b>Turkey and Swiss Sandwich w/ Mustard and mayo</b><br>Turkey deli, cheese<br>WG Bread<br>Marinated Vegetable Salad (bean salad)<br>Potato Salad<br>Peach<br>Milk<br><b>Veg: Cheese</b>                                                 | <b>Tuna Salad Slider w/ LTO</b><br>Tuna salad<br>WG Slider<br>Quinoa & Kale Salad<br>Summer Squash Salad (yellow squash, zucchini)<br>Berries<br>Milk, 1cup<br><br><b>Veg: Hummus, cheese</b>                                                                                               |                                                                                                                                                                           |
| <b>HOT LUNCH</b>  | <b>7/6</b><br><b>Chicken Spinach Alfredo Bake</b><br>Chicken Tenders<br>Penne Pasta WG<br>C Broccoli<br>C Italian Vegetables<br>C Strawberries<br>Milk<br><br><b>Veg: Chix Strips</b> | <b>7/7</b><br><b>Korean Beef over Quiona</b><br>Korean Beef Strips<br>Quiona<br>C Edamame<br>C Carrots<br>C Pineapple<br>Milk<br><br><b>Veg: Korean Tofu</b>                            | <b>7/8</b><br><b>Teriyaki Salmon w/ Mango Salsa</b><br>Salmon<br>WG Wild Rice<br>Brussel Sprouts<br>Squash<br>Mango Salsa<br>Milk, cup<br><br><b>Veg: Vegan Fish</b>                                                                     | <b>7/9</b><br><b>Cheeseburger w/ LTO, mayo, ketchup, mustard</b><br>Burger Patty<br>WG Bun<br>Baked Beans<br>Sauteed Zucchini<br>Oranges<br>Milk<br><b>Veg: Veggie Burger</b>                                                                                                               | <b>7/10</b><br><b>Chicken Tenders</b><br>Chicken Tenders<br>Macaroni & Cheese<br>WG Noodles<br>Stewed Tomatoes<br>Corn<br>Watermelon<br>Milk<br><b>Veg: Chix Strips</b>   |
| <b>COLD LUNCH</b> | <b>Egg Salad Sandwich</b><br>Egg salad<br>WG English Muffin<br>Roasted Beets<br>Zucchini salad<br>Banana<br>Milk<br><br><b>Veg: Same</b>                                              | <b>Greek Grilled Chicken Salad</b><br>Chicken<br>Quinoa<br>Mixed Greens<br>Lettuce w/ greek dressing<br>Tomato, Olive, Cucumber & Feta Mix<br>Pear<br>Milk<br><br><b>Veg: Chickpeas</b> | <b>"Macaroni Salad (Hardboiled egg, peppers, carrots, celery, WG elbow noodles)"</b><br>HB egg<br>WG elbow noodles<br>WG Crackers"<br>Field Greens w/ Italian<br>Peppers, Carrots, Celery<br>Fruit Salad<br>Milk<br><br><b>Veg: Same</b> | <b>Spinach Strawberry Mozzarella Chicken Salad</b><br>Chicken breast<br>WG Roll<br>C Beet Salad<br>Dark Green Leafy Veggies (Kale & Spinach)<br>Grapes<br>Milk,<br><br><b>Veg: Mozz, chickpea</b>                                                                                           | <b>Asian Beef Spring Roll</b><br>Beef<br>WW Flour Tortilla<br>Seasoned Snow Pea Salad<br>Asian Carrot Radish Salad<br>Honeydew<br>Milk<br><br><b>Veg: Soy Beef Strips</b> |



| MONDAY    |                                                                                                                                                                                                                                                                                                                             | TUESDAY                                                                                                                                                                                                 |                                                                                                                                                                                                                                          | TUESDAY                                                                                                                                                                                                                                                                                      |                                                                                                                                                                           | THURSDAY |  | FRIDAY |  |
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| HOT LUNCH | 7/13<br>Bean & Beef Fajita Bowl<br>Legume as a Vegetable: One (24 oz) bowl provides, vegetable (additional vegetable, legume vegetable, red/orange vegetable, other vegetable), pinto bean, beef, WG rice equivalent grains.<br>WG Rice<br>Pico de Gallo<br>Green Peppers and Onions<br>Banana<br>Milk,<br>Veg: Pinto Beans | 7/14<br>Oven Fried Chicken<br>Chicken<br>WG Roll<br>Black Eyed Peas<br>Sauteed Spinach<br>Peach Cobbler<br>Milk<br><br>Veg: Chix Strips                                                                 | 7/15<br>Pesto Tagliatelle Pasta<br>Cannellini Beans<br>WG Tagliatelle Pasta<br>Butternut Squash<br>Sauteed Garlic Kale & tomatoes<br>Watermelon<br>Milk, cup<br><br>Veg: Same                                                            | 7/16<br>Sunny Lemon Chicken<br>Chicken<br>WG Rice Pilaf<br>Broccoli<br>Sweet Potatoes<br>Apple Slices<br>Milk,<br><br>Veg: Chix Strips                                                                                                                                                       | 7/17<br>Turkey Patty w/ LTO, Ketchup, Mayo, Mustard<br>Turkey Patty<br>WG Bun<br>Roasted Potatoes<br>Creamed Spinach<br>Strawberries<br>Milk,<br><br>Veg: Veggie Burger   |          |  |        |  |
|           | COLD LUNCH<br>Apple Raisin Chicken Salad<br>Chicken<br>WG Sliders<br>Cucumber Salad<br>Kale Salad w/ Vinaigrette<br>Grapes<br>Milk<br><br>Veg: Hummus, cheese                                                                                                                                                               | Tabbouleh grain, veg – bell pepper, cucumber, tomato<br>Chickpea, feta<br>Pita bread WG<br>Field Green Salad w/ Balsamic<br>Pepper, Cucumber, Tomato (in dish)<br>Raspberries<br>Milk,<br><br>Veg: Same | Taco Salad w/ Southwest Ranch (romaine, ground beef, monetary jack cheese, Black Beans, Pico de gallo)<br>Ground beef, monetary jack cheese<br>WG baked Chips<br>Romaine<br>Corn & Black Bean Salad<br>Mango<br>Milk<br>Veg: Black Beans | Powerhouse Wrap<br>Hummus<br>WG Tortilla<br>Tossed green salad w/ italian<br>Beet Salad<br>Cantaloupe<br>Milk,<br><br>Veg: Same                                                                                                                                                              | Roast Beef Sandwich w/ mayo and mustard<br>Roast Beef, 1 oz cheese<br>Rye Bread<br>Italian Tomato Salad<br>Coleslaw<br>Honeydew<br>Milk<br><br>Veg: Sliced cheese         |          |  |        |  |
| HOT LUNCH | 7/20<br>Meat Lasagna<br>Ground Beef<br>Lasagna Noodles WG<br>Caesar Side Salad w/ Caesar<br>Dressing<br>Broccoli<br>Blueberries<br>Milk<br>Veg: Vegetarian Lasagna                                                                                                                                                          | 7/21<br>Breaded Fish Filet w/ LT, Tater Sauce<br>Fish Fillet<br>WG Macaroni & Cheese<br>Sauteed Spinach<br>Stewed Tomatoes<br>Cantaloupe<br>Milk<br><br>Veg: Vegan Fish patty                           | 7/22<br>Honey Balsamic Chicken Breast<br>Chicken Breast<br>WG Roll w/ butter<br>Butternut Squash<br>Roasted Rosemary Potatoes<br>Pineapple<br>Milk<br><br>Veg: Chix Strips                                                               | 7/23<br>Beef Tacos w/ Lettuce & Pico<br>Ground beef<br>Tortillas WG<br>Charro Beans<br>Squash<br>Watermelon<br>Milk<br><br>Veg: Black Beans                                                                                                                                                  | 7/24<br>Chicken Tikki Masala<br>Chicken<br>Basmati Rice<br>Okra<br>Aloo Gobi<br>Orange<br>Milk<br><br>Veg: Tofu Tikki Masala                                              |          |  |        |  |
|           | COLD LUNCH<br>Asian Chopped Salad w/ Chicken (chicken, edamame(m/ma), dark green vegt, red/orange vegt, other vegt)<br>Chicken, edamame<br>Nan Bread<br>Banana<br>Field Green Salad w/ Sesame<br>Dressing<br>Red peppers & carrots<br>Milk<br>Veg: Tofu                                                                     | Pesto Pasta Salad<br>Chicken, cannellini bean<br>WG macaroni noodles<br>Cucumber Salad<br>Steamed Baby Carrots w/ Ranch<br>Yogurt Parfait<br>Milk<br><br>Veg: Cannellini beans                          | #6 Scoop Sriracha Chickpea Salad<br>Chickpea salad<br>WG Crackers<br>Cucumber & Tomato Salad<br>Shredded Field Greens w/ vinaigrette<br>Peach<br>Milk<br><br>Veg: Same                                                                   | Mediterranean Roasted Vegetable Sandwich (Fresh Mozzarella, Grilled vegetables (Zucchini, Eggplant, Orange/Yellow pepper)<br>Mozz<br>Focaccia<br>Mediterranean chickpea salad<br>Blueberries<br>Grilled vegetables (Zucchini, Eggplant, Orange/Yellow pepper) - in dish<br>Milk<br>Veg: Same | Turkey and Pepperjack w/ Mustard and Mayo<br>Turkey, cheese<br>Slider Bun WG<br>Carrot Raisin Salad<br>Marinated Veggie Salad<br>Grapes<br>Milk<br><br>Veg: Sliced cheese |          |  |        |  |



| <b>MONDAY</b>                                                                                                                                 |  | <b>TUESDAY</b>                                                                                                                                                              | <b>WEDNESDAY</b>                                                                                                                   | <b>THURSDAY</b>                                                                                                                                                                                                                         | <b>FRIDAY</b>                                                                                                                                                                                                               |
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| <b>HOT LUNCH</b>                                                                                                                              |  |                                                                                                                                                                             |                                                                                                                                    |                                                                                                                                                                                                                                         |                                                                                                                                                                                                                             |
| <b>7/27</b>                                                                                                                                   |  | <b>7/28</b>                                                                                                                                                                 | <b>7/29</b>                                                                                                                        | <b>7/30</b>                                                                                                                                                                                                                             | <b>7/31</b>                                                                                                                                                                                                                 |
| <b>Bean &amp; Cheese Burrito - M/MA w/</b><br>cheese on top<br>WG Tortilla<br>Corn<br>Zucchini<br>Salsa<br>Banana<br>Milk                     |  | <b>Chicken Pad Thai</b><br>Chicken<br>WG Linguine Noodles<br>Asian Veggie Blend (mushroom, green<br>beans, broccoli, onions)<br><b>Bok Choy</b><br>Mandarin Oranges<br>Milk | <b>Sloppy Turkey Joe</b><br>Turkey<br>WG Bun<br><b>Carrots</b><br>Peas<br>Berries<br>Milk                                          | <b>Chicken Parmesan w/ Mozzarella</b><br><b>Cheese</b><br>Chicken<br><b>WG</b> Spag Noodles<br>Eggplant<br><b>Broccoli</b><br><b>Strawberries</b><br>Milk                                                                               | <b>Southwestern Roasted Vegetable</b><br><b>and White Fish Rice Bowl</b><br><b>(contains cherry tomato &amp; onions)</b><br>White fish<br>Brown Rice<br>Roasted Potatoes w/ Cheese<br><b>Squash</b><br><b>Peach</b><br>Milk |
| <b>Veg: Same</b>                                                                                                                              |  | <b>Veg: Tofu Pad Thai</b>                                                                                                                                                   | <b>Veg: Soy Crumble Sloppy Joe</b>                                                                                                 | <b>Veg: Eggplant Parm</b>                                                                                                                                                                                                               | <b>Veg: Vegan Fish</b>                                                                                                                                                                                                      |
| <b>COLD LUNCH</b>                                                                                                                             |  |                                                                                                                                                                             |                                                                                                                                    |                                                                                                                                                                                                                                         |                                                                                                                                                                                                                             |
| <b>Beef Caesar Salad</b><br>Sliced beef<br><b>WG</b> Roll<br>Kidney Bean Salad<br>Caesar Field Greens Salad w/<br>tomato<br>Pineapple<br>Milk |  | <b>Aztec Grain Bowl (veg-butternut</b><br><b>squash, WG quinoa, Chicken)</b><br><b>Quinoa</b><br>Root Vegetable<br>Butternut squash (in dish)"<br>Honeydew<br>Milk,         | <b>Caprese</b><br>Mozz<br>Flatbread <b>WG</b><br>White Bean Salad<br>Argula Salad w/ Lemon<br><b>Watermelon</b> Feta Salad<br>Milk | <b>Tuna Nicoise Salad</b><br><b>w/ Vinaigrette (olives, tuna, potato,</b><br><b>green bean, eggs)</b><br>Tuna salad, 1 oz egg<br><b>WG</b> Roll w/ butter<br>Veggies in Salad<br><b>Mixed Greens</b> Salad Blend<br>Fruit Salad<br>Milk | <b>Cranberry Chicken Salad</b><br>Chicken salad<br><b>WG</b> Crackers<br>Asian Cucumber Salad<br>Coleslaw<br><b>Orange</b><br>Milk                                                                                          |
| <b>Veg: Soy Beef</b>                                                                                                                          |  | <b>Veg: Cannellini beans</b>                                                                                                                                                | <b>Veg: Same</b>                                                                                                                   | <b>Veg: Egg Salad</b>                                                                                                                                                                                                                   | <b>Veg: Hummus, cheese</b>                                                                                                                                                                                                  |