

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>H O T L U N C H</b>	<p><b>1</b></p> <p>Barbecue Chicken Breast <i>Chicken Breast</i> <b>WG</b> Macaroni Salad Creamed Corn Green Bean Tropical Fruit Salad Milk</p> <p><b>Veg.: Chix Strips</b></p>	<p><b>2</b></p> <p>Korean Beef <i>m/ma</i> Quinoa Pickled Veggies (onions, carrots) <b>Edamame</b> Strawberries Milk</p> <p><b>Veg.: Soy Protein Stew</b></p>	<p><b>3</b></p> <p>Cheese Stuffed Shells w/ Alfredo <i>Cheese, m/ma</i> <b>WG</b> noodles <b>WG</b> Roll w/ butter Zucchini Steamed <b>Spinach</b> Cherry Cobbler Milk</p> <p><b>Veg.: Same</b></p>	<p><b>4</b></p> <p>Stir Fried Fajita Chicken Squash &amp; Corn <i>Fajita Chicken</i> <b>WG</b> Rice <b>Refried Beans</b> Fajita Vegetables (<b>Red</b>, green, yellow peppers, &amp; onions) Banana Milk</p> <p><b>Veg.: Chicks Strips</b></p>	<p><b>5</b></p> <p>Spaghetti w/ Meat sauce <i>Meat</i> Garlic Bread <b>WG</b> Spaghetti Noodles Ceasar Salad w/ Romaine <b>Broccoli</b> <b>Orange in Wedges</b> Milk</p> <p><b>Veg.: Eggplant w/ soy meatsauce</b></p>
<b>C O L D L U N C H</b>	<p>Egg Salad <b>WG</b> Bun Pepper Salad <b>Red Bean Salad</b> Banana Milk</p> <p><b>Veg.: Same</b></p>	<p>Chef Salad Protein, Swiss Cheese, Eggs wedged <b>WG</b> Bread <b>Mixed Greens</b> Lettuce w Herb Vinaigrette Cherry <b>Tomato</b> &amp; Cuke Pineapple Milk</p> <p><b>Veg.: Same</b></p>	<p>Turkey &amp; Cheese <i>Turkey, Cheese w Mayo</i> <b>WW</b> Bread Cole Slaw Mediterranean <b>Chickpea Salad</b> Strawberries and Blueberries Milk</p> <p><b>Veg.: Fresh Mozzarella, Cucumbers, Lett. &amp; Tom. &amp; Balsamic Vinaigrette</b></p>	<p>Roast Beef &amp; Cheese <i>Roast Bee, Cheese</i> <b>WG</b> Wrap Tricolor Vegetable Salad Italian <b>Tomato</b> Salad Fresh Fruit Salad (<b>Cantaloupe</b>, Honeydew, Pineapple) Milk</p> <p><b>Veg.: Beefless strips</b></p>	<p>Fruited Yogurt Fruited Yogurt (m/ma) String Cheese, m/ma <b>WG</b> Blueberry Muffin Honeydew <b>Peaches</b> Zucchini <b>Tomato</b> Salad Milk</p> <p><b>Veg.: Same</b></p>
<b>H O T L U N C H</b>	<p><b>8</b></p> <p><b>Broccoli</b>, Cheese &amp; Rice Casserole <i>m/ma (Cheese)</i> Grain <b>WG</b> Roll w Butter <b>Collard Green</b> Roasted Root Vegetable <b>Cantaloupe</b> Milk</p> <p><b>Veg.: Same</b></p>	<p><b>9</b></p> <p>Oven Fried Chicken Legs <i>Oven Fried Chicken Legs 3 oz</i> <b>WG</b> Biscuit w Butter <b>Steamed Kale</b> <b>Black Eyed Peas</b> <b>Mango Papaya</b> Milk</p> <p><b>Veg.: Vegan Nuggets</b></p>	<p><b>10</b></p> <p>Chili con Carne with bean (<i>meat &amp; Meat Alternate</i>) <b>WG</b> Corn Muffin w/ Margarine <b>Kidney Beans</b> Baked Potato Tropical Fruit Salad (Guava, Pineapple) Milk</p> <p><b>Veg.: Vegetarian Chili</b></p>	<p><b>11</b></p> <p>Baked Salmon w/ Sesame Ginger <b>WG</b> Fried Rice Chow-Chow Cole Slaw Green Beans Strawberries Milk</p> <p><b>MOW Veg: Same</b> <b>Cong Veg: Vegetarian Lasagna</b></p>	<p><b>12</b></p> <p>Lentil Soup <i>MA (Lentils) and vegetable (Peas &amp; Carrots, Onion)</i> <b>WW</b> Naan Bread <b>Carrots</b> <b>Field Green Salad</b> Ranch Pears Milk</p> <p><b>Veg.: Same</b></p>
<b>C O L D L U N C H</b>	<p><b>Chicken Caesar Salad</b> <i>Chicken strips</i> <b>WG</b> Roll Caesar <b>Salad (romaine)</b> Green &amp; <b>Red Pepper</b> Strips <b>Peaches</b> Milk</p> <p><b>Veg.: Chicx strips</b></p>	<p><b>Egg Salad</b> <i>Egg Salad</i> Potato Roll Marinated Vegetable Salad Cucumber Salad Banana Milk</p> <p><b>Veg.: Same</b></p>	<p>Grilled Chicken Mayo <b>WW</b> Bun Med <b>Chickpea</b> Salad Cucumber Salad Orange Milk</p> <p><b>Veg.: Soy Protein Chix</b></p>	<p>Cold Cuts &amp; Cheese Mustard w/ Lettuce, Tomato, Mustard <b>WG</b> Flatbread Beet Salad Potato Salad Melon Salad (<b>Cantaloupe</b>, Honeydew) Milk</p> <p><b>Veg.: Fresh Mozzarella, Cucumbers, Lett. &amp; Tom. &amp; Balsamic Vinaigrette</b></p>	<p>Tomato, Mozzarella w/ Pesto Sandwich <i>Beef</i> <b>WG</b> Roll <b>Chopped Kale Salad w/ vinaigrette **</b> Salad Vegetables** Applesauce Milk</p> <p><b>Veg.: Powerhouse Wrap</b></p>

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<b>H O T L U N C H</b>	<p><b>15</b></p> <p>Chicken Supreme WG Noodles Zucchini Butter Beans Peaches alt. Strawberries Milk</p> <p><b>Veg.: Chickless Patty</b></p>	<p><b>16</b></p> <p>Meatloaf &amp; Gravy WG Roll Collard Greens Whipped Potatoes Clementine Milk</p> <p><b>Veg.: Vegetarian Black Bean Burger* w Ketchup</b></p>	<p><b>17</b></p> <p>Chicken Breast w/ stuffing WG Wheat Roll Lima Beans Glazed Carrots Apple Slices (4-6) Milk</p> <p><b>Veg.: Chickenless Nuggets* w Ketchup</b></p>	<p><b>18</b></p> <p>Swiss Mushroom Burger (<i>mushroom on side</i>) Lettuce &amp; Tomato/Ketchup m/ma (Beef) WG Bun Mushrooms Green Beans Melon Salad Milk</p> <p><b>Veg.: Black Bean Burger</b></p>	<p><b>JUNETEENTH 19</b></p> <p>Rosemary Chicken Breast WG Rice WG Roll w butter Broccoli Summer Squash Blueberry Cobbler Milk</p> <p><b>Veg.: Chickless Patty</b></p>
<b>C O L D L U N C H</b>	<p>Asian Beef Spring Roll WW Flour tortilla Seasoned Green Bean Salad Grapes Orange Milk</p> <p><b>Veg.: Soy Protein</b></p>	<p>Sliced Chicken Mayo w/ Lettuce &amp; Tomato WG Roll w/ butter Carrot &amp; Raisin Salad German Potato Salad Banana Milk</p> <p><b>Veg.: Fresh Mozzarella, Cucumbers, Lett. &amp; Tom. &amp; Balsamic Vinaigrette</b></p>	<p>Fruited Yogurt String Cheese WG Blueberry Muffin Zucchini Tomato Salad Honeydew Pineapple Milk</p> <p><b>Veg.: Same</b></p>	<p>Tuna Salad WW Roll w/ butter Field Greens w Italian Fruit Salad Tropical Bean Salad Milk</p> <p><b>MOW Veg: Same CNP Veg: Egg Salad</b></p>	<p>Taco Salad Ground Beef, Cheese, Baked Tortilla Chips Black Beans Pico De Gallo (Onion, Tomato, Green Peppers, Cilantro) Romaine Salad Fresh Fruit (Strawberries) Milk</p> <p><b>Veg.: Soy taco meat</b></p>
<b>H O T L U N C H</b>	<p><b>22</b></p> <p>Beef Stew WG Pita Carrots, potatoes Cannellini Beans Apple Crispy Milk</p> <p><b>Veg.: Soy Protein Stew</b></p>	<p><b>23</b></p> <p>Oven Baked Chicken Leg Stuffing WG Roll w Margarine Collard Greens Butter Squash Peach Milk</p> <p><b>Veg.: Chix strips</b></p>	<p><b>24</b></p> <p>Vegetarian Lasagna Cheese WG noodles Garlic Breadstick, Zucchini Mixed Greens Salad w Italian Orange in Wedges Milk</p> <p><b>Veg.: Same</b></p>	<p><b>25</b></p> <p>Honey Ginger Chicken Diced Chicken WG Nan Spring Peas Cauliflower Apple (1) Milk</p> <p><b>Veg.: Chix strips</b></p>	<p><b>26</b></p> <p>Baked Cod Ole WG Turmeric Couscous WG Roll w/ butter Golden Salsa Black Beans Mango Milk</p> <p><b>Veg.: Same</b></p>
<b>C O L D L U N C H</b>	<p>Powerhouse Wrap Black Beans WW Tortilla Tossed dark Green Salad w Italian Pears Tomato &amp; Cucumber Salad Milk</p> <p><b>Veg.: Same</b></p>	<p>Pastrami mustard w/Lettuce &amp; Tomato WW Bread Rye Fruit Jello Potato Salad Milk</p> <p><b>Veg.: Assorted cheese slices</b></p>	<p>Garden Chef Salad Turkey eggs, cheese WG bread Tossed Green Salad w Italian Strawberries Broccoli Salad Milk</p> <p><b>Veg.: Egg &amp; Cheese</b></p>	<p>Turkey, Cheese mayo Sandwich WW Bread Cole Slaw Mediterranean Chickpea Salad Pineapple Milk</p> <p><b>Veg.: Fresh Mozzarella, Cucumbers, Lett. &amp; Tom. &amp; Balsamic Vinaigrette</b></p>	<p>Chicken Caesar Salad WG Apple Muffin Caesar Field Greens Salad Green &amp; Red Pepper Strips Fresh Melon Salad (Cantaloupe, Honeydew, Pineapple) Milk</p> <p><b>Veg.: Chicx Strips</b></p>

MONDAY		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>H O T L U N C H</b>	<b>29</b>	<b>30</b>			
	Vegetarian Chili w/ kidney beans <i>Meat Alternate (Kidney Beans) w</i> Vegetable (Corn, Green Pepper, Onion, , <b>Diced Tomato</b> ) Red Bliss Potatoes Berries Milk  <b>Veg.: Same</b>	Lemon Chicken Breast <b>WG</b> Fettucine <b>Green Beans</b> Sautéed Summer Squash <b>Mandarin Orange</b> Milk  <b>Veg.: Soy Protein in Pepper</b>			
<b>C O L D L U N C H</b>					
	Smoked Turkey mustard SI <b>WG</b> Bread <b>Broccoli</b> w Caesar Dressing Cucumber Salad <b>Peaches</b> Milk  <b>Veg.: Assorted Cheese Slices</b>	<b>Spinach</b> Strawberry Feta Salad <i>Chicken diced Breast</i> <b>WG</b> Roll <b>Spinach</b> salad w Raspberry Green & <b>Red Pepper</b> Strips Banana Milk  <b>Veg.: Chicx Strips</b>			