



July Lunch Menu

7/2 Pasta w/chicken sausage & butternut sauce Salad Fresh fruit	7/3 Quiche Peas Whole wheat bread/butter Fresh fruit	7/4 ***** CLOSED FOR INDEPENDENCE DAY *****	7/5 Spaghetti & meat sauce Grated cheese Spinach salad Fresh fruit	7/6 Turkey taco w/whole wheat tortilla Corn Grated cheese Fresh fruit
7/9 Chicken & tarragon w/whole wheat rotini Southwest salad Fresh fruit	7/10 Turkey meatloaf Mashed sweet potatoes Wheat bread/butter Fresh fruit	7/11 Dirty rice with beef, vegetables, quinoa and farrow Apple cole slaw Fresh fruit	7/12 Black bean, corn, & chicken quesadilla With whole wheat tortilla Green Beans Fresh fruit	7/13 *Lasagna Tossed salad Fresh fruit
7/16 Whole wheat ziti with chicken sausage & tomato sauce, and baby kale Grated cheese Vegetable salad Fresh fruit	7/17 Chicken chili Broccoli & cheese salad Whole wheat bread/butter Fresh fruit	7/18 *Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit	7/19 Hamburger slider Bean medley Roll Fresh fruit	7/20 BBQ chicken leg California blend vegetables Whole wheat bread/butter Fresh fruit
7/23 Turkey sloppy joe Corn & edamame Roll Fresh fruit	7/24 *Cheese melt Tomato alphabet soup Fresh fruit	7/25 Shepherd's Pie Pineapple/mango cole slaw Whole wheat bread/butter Fresh fruit	7/26 Teriyaki chicken Oriental vegetables Wheat bread/butter Fresh fruit	7/27 *Whole wheat macaroni & cheese Mixed vegetables Fresh fruit
7/30 Whole wheat Turk-a-roni Grated cheese Spinach salad Fresh fruit	7/31 *Pizza Garden salad Fresh fruit	~This menu is designed for children age 12+ months		<p>Fresh fruits include but are not limited to: apples,, oranges , bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe.</p>  <p>Visit us at www.goodfoodco.com Age appropriate milk must be served with lunch</p>

July Vegetarian Menu

7/2 Broccoli & cheddar quinoa w/ brown rice Salad Fresh fruit	7/3 Broccoli Quiche Peas Whole wheat bread/butter Fresh fruit	7/4 ***** CLOSED FOR INDEPENDENCE DAY *****	7/5 Spaghetti & tomato sauce w/ soy Grated cheese Spinach salad Fresh fruit	7/6 Black bean and brown rice burrito w/ whole wheat tortilla Corn Grated cheese Fresh fruit
7/9 Pasta salad w/ avocado, pesto and egg Southwest salad Fresh fruit	7/10 French lentils w/ thyme Mashed sweet potatoes Wheat bread/butter Fresh fruit	7/11 Vegetarian dirty rice with cheese, vegetables, quinoa & farrow Apple cole slaw Fresh fruit	7/12 Black bean, corn, & cheese quesadilla With whole wheat tortilla Green Beans Fresh fruit	7/13 *Lasagna Tossed salad Fresh fruit
7/16 Teriyaki patty Grated cheese Vegetable salad Fresh fruit	7/17 Vegetarian chili Broccoli & cheese salad Whole wheat bread/butter Fresh fruit	7/18 *Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit	7/19 Gardenburger Bean medley Roll Fresh fruit	7/20 Quinoa, couscous, and parmesan California blend vegetables Whole wheat bread/butter Fresh fruit
7/23 Vegetarian sloppy joe Corn & edamame Roll Fresh fruit	7/24 *Cheese melt Tomato alphabet soup Fresh fruit	7/25 Picadillo Pineapple/Mango cole slaw Whole wheat bread/butter Fresh fruit	7/26 Lo Mein w/ scrambled egg Oriental vegetables Wheat bread/butter Fresh fruit	7/27 *Whole wheat macaroni & cheese Mixed vegetables Fresh fruit
7/30 Cheese tortellini w/ olive oil & basil Grated cheese Spinach salad Fresh fruit	7/31 *Pizza Garden salad Fresh fruit	~This menu is designed for chil- dren age 12+ months	Fresh fruits include but are not limited to: apples,, oranges , bananas, pears, tange- rines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it be- comes ripe.	 <p>Visit us at www.goodfoodco.com Age appropriate milk must be served with Vegetarian Lunch</p>

July Breakfast/Afternoon Snack Menu

<p>7/2 40% Bran flakes Fresh fruit ~~~~~</p> <p>Wheat thins String cheese</p>	<p>7/3 Wheat bagel w/cream cheese Fresh fruit ~~~~~</p> <p>Vanilla yogurt with Granola</p>	<p>7/4 ***** CLOSED FOR INDEPENDENCE DAY *****</p>	<p>7/5 Rice Crispies Fresh fruit ~~~~~</p> <p>Whole wheat pita pizza with Cheese</p>	<p>7/6 Cheerios Fresh fruit ~~~~~</p> <p>Soft pretzel Applesauce</p>
<p>7/9 Rice Chex Fresh fruit ~~~~~</p> <p>Graham cracker Diced peaches</p>	<p>7/10 Cinnamon bagel w/butter Fresh fruit ~~~~~</p> <p>Saltines Raspberry yogurt</p>	<p>7/11 Oatmeal-apple Crisp ~~~~~</p> <p>Whole wheat pita bread Hummus</p>	<p>7/12 Bran muffin Fresh fruit ~~~~~</p> <p>Diced pears Cereal snack mix</p>	<p>7/13 Kix Fresh fruit ~~~~~</p> <p>Flatbread Sliced cheddar</p>
<p>7/16 40% Bran flakes Fresh fruit ~~~~~</p> <p>Wheat thins String cheese</p>	<p>7/17 Wheat bagel w/cream cheese Fresh fruit ~~~~~</p> <p>Vanilla yogurt with Granola</p>	<p>7/18 Oatmeal-peach Crisp ~~~~~</p> <p>Soft breadsticks Cheese cubes</p>	<p>7/19 Rice Crispies Fresh fruit ~~~~~</p> <p>Whole wheat pita pizza with Cheese</p>	<p>7/20 Cheerios Fresh fruit ~~~~~</p> <p>Soft pretzel Applesauce</p>
<p>7/23 Rice Chex Fresh fruit ~~~~~</p> <p>Graham cracker Diced peaches</p>	<p>7/24 Cinnamon bagel w/butter Fresh fruit ~~~~~</p> <p>Saltines Blueberry yogurt</p>	<p>7/25 Oatmeal-apple Crisp ~~~~~</p> <p>Whole wheat pita bread Hummus</p>	<p>7/26 Bran muffin Fresh fruit ~~~~~</p> <p>Diced pears Cereal snack mix</p>	<p>7/27 Kix Fresh fruit ~~~~~</p> <p>Flatbread Sliced cheddar</p>
<p>7/30 40% Bran flakes Fresh fruit ~~~~~</p> <p>Wheat thins String cheese</p>	<p>7/31 Wheat bagel w/cream cheese Fresh fruit ~~~~~</p> <p>Vanilla yogurt with Granola</p>			