


Lunch – July, 2018

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		 Visit us at www.goodfoodco.com Age appropriate milk must be served with lunch

*Vegetarian meal