



## Lunch – July, 2018

7/2	7/3	7/4	7/5	7/6
Pasta w/chicken sausage &	Quiche	******	Spaghetti & meat sauce	Turkey taco w/whole wheat
butternut sauce	Peas	CLOSED FOR	Grated cheese	tortilla
Salad	Whole wheat bread/butter	INDEPENDENCE DAY	Spinach salad	Corn
Fresh fruit	Fresh fruit	******	Fresh fruit	Grated cheese
				Fresh fruit
7/9	7/10	7/11	7/12	7/13
Chicken & tarragon w/whole	Turkey meatloaf	Dirty rice with beef,	Black bean, corn, & chicken	*Lasagna
wheat rotini	Mashed sweet potatoes	vegetables,quinoa and farrow	quesadilla	Tossed salad
Southwest salad	Wheat bread/butter	Apple cole slaw	With whole wheat tortilla	Fresh fruit
Fresh fruit	Fresh fruit	Fresh fruit	Green Beans	
			Fresh fruit	
7/16	7/17	7/18	7/19	7/20
Whole wheat ziti with chicken	Chicken chili	*Ravioli w/olive oil, tomato	Hamburger slider	BBQ chicken leg
sausage & tomato sauce, and	Broccoli & cheese salad	sauce & fresh basil	Bean medley	California blend vegetables
baby kale	Whole wheat bread/butter	Peas	Roll	Whole wheat bread/butter
Grated cheese	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit
Vegetable salad				
Fresh fruit				
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7/23	7/24	7/25	7/26	7/27
Turkey sloppy joe	*Cheese melt	Shepherd's Pie	Teriyaki chicken	*Whole wheat macaroni &
Corn & edamame	Tomato alphabet soup	Pineapple/mango cole slaw	Oriental vegetables	cheese
Roll	Fresh fruit	Whole wheat bread/butter	Wheat bread/butter	Mixed vegetables
Fresh fruit	i iesii iiuit	Fresh fruit	Fresh fruit	Fresh fruit
Flesh hult				
7/30	7/31	~This menu is designed for	Fresh fruits include but are not limited	
Whole wheat Turk-a-roni	*Pizza	children age 12+ months	to: apples,, oranges, bananas, pears,	
Grated cheese	Garden salad	chuaren age 12 + monuns	tangerines, cantaloupes, plums,	2000
Spinach salad	Fresh fruit		nectarines, watermelons, strawberries,	
Fresh fruit	11con nuit		blueberries, peaches, honeydew,	
11051111010			cantaloupes. Fruit will be served as it is in season and as it becomes ripe.	Visit us at <u>www.goodfoodco.com</u>
			is in season and as a becomes tipe.	Age appropriate milk must be
				served with lunch

\*Vegetarian meal