 October 2022 – Lunch

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| **3**Whole wheat ziti with chicken \*(V) Lentil penne & tomato sauce w/ soy \*#^Grated cheese Tossed saladFresh fruit | **4**Chicken chili (V) Veg out chili^Broccoli & cheese saladWhole wheat bread/butter\*Fresh fruit  | **5**(V) Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit | **6**Hamburger slider(V) Black bean burger #^Bean medley\*Whole wheat roll Fresh fruit  | **7**BBQ chicken leg(V) Mushroom stroganoff ^California blend vegetables \*Whole wheat bread/butter Fresh fruit |
| **10**Turkey sloppy joe (V) Vegetarian sloppy joe ^Corn & edamame\*Whole wheat roll Fresh fruit  | **11**(V) Whole grain cheese melt \*Tomato alphabet soup Fresh fruit  | **12**Shepherd’s Pie(V) Chickpea curry with potatoes^Pineapple/mango coleslaw\*Whole wheat bread/butterFresh fruit | **13**Maryland-style chicken(V) Broccoli & cheddar quinoa w/brown rice \*Sugar snaps & carrots\*Whole wheat bread/butter Fresh fruit  | **14**(V) Whole wheat macaroni & cheese\*Mixed vegetables Fresh fruit  |
| **17**Whole wheat Turk-a-roni\* (V) White bean mushroom soup^Grated cheese Southwest salad Fresh fruit  | **18**(V) Whole grain pizza\*Garden saladFresh fruit  | **19**Chicken Patty (V) Veggie nuggetsTuscan bean and garlic soupWhole wheat bread/butter\*Fresh fruit  | **20**(V) Spinach manicottiWinter blend vegetablesWhole wheat bread/butter\*Fresh fruit | **21**(V) Beans & Brown rice^Tossed saladTortilla\* Fresh fruit |
| **24**Chicken Alfredo with tri-color pasta(V) Tri-color pasta alfredoSaladFresh fruit  | **25**(V) Broccoli Quiche Peas Whole wheat bread/butter\*Fresh fruit  | **26**Spaghetti & meat sauce\* (V) Spaghetti & tomato sauce w/ soy #^Grated cheese Spinach saladFresh fruit  | **27**Chicken leg w/ buttermilk gravy(V) Picadillo^ Zucchini & yellow squashWhole wheat bread/butter \*Fresh fruit  | **28**Turkey taco w/whole wheat Tortilla\*(V) Beans & brown rice burrito\*^Corn Grated cheese Fresh fruit |
| **31**Power veggie beef & chicken stew(V) Black bean tortilla soup^Spinach salad Whole wheat bread/butter\*Fresh fruit  |  |  | *Age-appropriate milk must be served with lunch* | *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.**This institution is an equal opportunity provider* |

(V) Vegetarian meal \*Whole grain

#Gluten free ^Vegan

 November 2022 – Lunch

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
|  | **1**Turkey meatloaf (V) French lentils w/ thyme^Mashed sweet potatoes Whole wheat bread/butter\*Fresh fruit  | **2**Dirty brown rice with beef\*(V) Dirty brown rice^Apple coleslawFresh fruit  | **3**Bean, corn, & chicken quesadilla(V) Bean, corn & cheese quesadillaWith whole wheat tortilla \*Green BeansFresh fruit  | **4**(V) Lasagna Tossed saladFresh fruit  |
| **7**Whole wheat ziti with chicken \*(V) Lentil penne & tomato sauce w/ soy \*#^Grated cheese Tossed saladFresh fruit | **8**Chicken chili (V) Veg out chili^Broccoli & cheese saladWhole wheat bread/butter\*Fresh fruit  | **9**(V) Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit | **10**Hamburger slider(V) Black bean burger #^Bean medley\*Whole wheat roll Fresh fruit  | **11**BBQ chicken leg(V) Mushroom stroganoff ^California blend vegetables \*Whole wheat bread/butter Fresh fruit |
| **14**Turkey sloppy joe (V) Vegetarian sloppy joe ^Corn & edamame\*Whole wheat roll Fresh fruit  | **15**(V) Whole grain cheese melt \*Tomato alphabet soup Fresh fruit  | **16**Shepherd’s Pie(V) Chickpea curry with potatoes^Pineapple/mango coleslaw\*Whole wheat bread/butterFresh fruit | **17**Maryland-style chicken(V) Broccoli & cheddar quinoa w/brown rice \*Sugar snaps & carrots\*Whole wheat bread/butter Fresh fruit  | **18**THANKSGIVING LUNCHSliced turkey & gravySweet potatoesCranberry relishWhole wheat bread/butterFresh fruit |
| **21**Whole wheat Turk-a-roni\* (V) White bean mushroom soup^Grated cheese Southwest salad Fresh fruit  | **22**(V) Whole grain pizza\*Garden saladFresh fruit  | **23**(V) Beans & Brown rice^Tossed saladTortilla\* Fresh fruit  | **24**CLOSED FOR THANKSGIVING | **25**CLOSED FOR THANKSGIVING |
| **28**Chicken Alfredo with tri-color pasta(V) Tri-color pasta alfredoSaladFresh fruit  | **29**(V) Quiche Peas Whole wheat bread/butter\*Fresh fruit  | **30**Spaghetti & meat sauce\* (V) Spaghetti & tomato sauce w/ soy #^Grated cheese Spinach saladFresh fruit  | *Age-appropriate milk must be served with lunch* | *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.**This institution is an equal opportunity provider* |

(V) Vegetarian meal \*Whole grain

#Gluten free ^Vegan

 December 2022 – Lunch

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| *Age-appropriate milk must be served with lunch* | *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.**This institution is an equal opportunity provider* |  | **1**Chicken leg w/ buttermilk gravy(V) Picadillo^ Zucchini & yellow squashWhole wheat bread/butter \*Fresh fruit  | **2**Turkey taco w/whole wheat Tortilla\*(V) Beans & brown rice burrito\*^Corn Grated cheese Fresh fruit |
| **5**Power veggie beef & chicken stew(V) Black bean tortilla soup^Spinach salad Whole wheat bread/butter\*Fresh fruit  | **6**Turkey meatloaf (V) French lentils w/ thyme^Mashed sweet potatoes Whole wheat bread/butter\*Fresh fruit  | **7**Dirty brown rice with beef\*(V) Dirty brown rice^Apple coleslawFresh fruit  | **8**Bean, corn, & chicken quesadilla(V) Bean, corn & cheese quesadillaWith whole wheat tortilla \*Green BeansFresh fruit  | **9**(V) Lasagna Tossed saladFresh fruit  |
| **12**Whole wheat ziti with chicken \*(V) Lentil penne & tomato sauce w/ soy \*#^Grated cheese Tossed saladFresh fruit | **13**Chicken chili (V) Veg out chili^Broccoli & cheese saladWhole wheat bread/butter\*Fresh fruit  | **14**(V) Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit | **15**Hamburger slider(V) Black bean burger #^Bean medley\*Whole wheat roll Fresh fruit  | **16**BBQ chicken leg(V) Mushroom stroganoff ^California blend vegetables \*Whole wheat bread/butter Fresh fruit |
| **19**Turkey sloppy joe (V) Vegetarian sloppy joe ^Corn & edamame\*Whole wheat roll Fresh fruit  | **20**(V) Whole grain cheese melt \*Tomato alphabet soup Fresh fruit  | **21**Shepherd’s Pie(V) Chickpea curry with potatoes^Pineapple/mango coleslaw\*Whole wheat bread/butterFresh fruit | **22**Maryland-style chicken(V) Broccoli & cheddar quinoa w/brown rice \*Sugar snaps & carrots\*Whole wheat bread/butter Fresh fruit  | **23**(V) Whole wheat macaroni & cheese\*Mixed vegetables Fresh fruit  |
| **26**CLOSED FOR CHRISTMAS | **27**Whole wheat Turk-a-roni\* (V) White bean mushroom soup^Grated cheese Southwest salad Fresh fruit  | **28**(V) Whole grain pizza\*Garden saladFresh fruit  | **29**Chicken Nuggets(V) Veggie nuggetsPotato soupWhole wheat bread/butter\*Fresh fruit  | **30**(V) Beans & Brown rice^Tossed saladTortilla\* Fresh fruit |

(V) Vegetarian meal \*Whole grain

#Gluten free ^Vegan

 January 2023 – Lunch

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| **2**CLOSED FOR NEW YEARS | **3**Chicken Alfredo with tri-color pasta(V) Tri-color pasta alfredoSaladFresh fruit  | **4**Spaghetti & meat sauce\* (V) Spaghetti & tomato sauce w/ soy #^Grated cheese Spinach saladFresh fruit  | **5**Chicken leg w/ buttermilk gravy(V) Picadillo^ Zucchini & yellow squashWhole wheat bread/butter \*Fresh fruit  | **6**Turkey taco w/whole wheat Tortilla\*(V) Beans & brown rice burrito\*^Corn Grated cheese Fresh fruit |
| **9**Power veggie beef & chicken stew(V) Black bean tortilla soup^Spinach salad Whole wheat bread/butter\*Fresh fruit  | **10**Turkey meatloaf (V) French lentils w/ thyme^Mashed sweet potatoes Whole wheat bread/butter\*Fresh fruit  | **11**Dirty brown rice with beef\*(V) Dirty brown rice^Apple coleslawFresh fruit  | **12**Bean, corn, & chicken quesadilla(V) Bean, corn & cheese quesadillaWith whole wheat tortilla \*Green BeansFresh fruit  | **13**(V) Lasagna Tossed saladFresh fruit  |
| **16**CLOSED FOR MLK JR DAY | **17**Whole wheat ziti with chicken \*(V) Lentil penne & tomato sauce w/ soy \*#^Grated cheese Tossed saladFresh fruit | **18**Chicken chili (V) Veg out chili^Broccoli & cheese saladWhole wheat bread/butter\*Fresh fruit | **19**(V) Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit | **20**BBQ chicken leg(V) Mushroom stroganoff ^California blend vegetables \*Whole wheat bread/butter Fresh fruit |
| **23**Turkey sloppy joe (V) Vegetarian sloppy joe ^Corn & edamame\*Whole wheat roll Fresh fruit  | **24**(V) Whole grain cheese melt \*Tomato alphabet soup Fresh fruit  | **25**Shepherd’s Pie(V) Chickpea curry with potatoes^Pineapple/mango coleslaw\*Whole wheat bread/butterFresh fruit | **26**Maryland-style chicken(V) Broccoli & cheddar quinoa w/brown rice \*Sugar snaps & carrots\*Whole wheat bread/butter Fresh fruit  | **27**(V) Whole wheat macaroni & cheese\*Mixed vegetables Fresh fruit  |
| **30**Whole wheat Turk-a-roni\* (V) White bean mushroom soup^Grated cheese Southwest salad Fresh fruit  | **31**(V) Whole grain pizza\*Garden saladFresh fruit  |  | *Age-appropriate milk must be served with lunch* | *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.**This institution is an equal opportunity provider* |

(V) Vegetarian meal \*Whole grain

#Gluten free ^Vegan

 February 2023 – Lunch

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
|  |  | **1**Chicken Patty (V) Veggie nuggetsTuscan bean and garlic soupWhole wheat bread/butter\*Fresh fruit  | **2**(V) Spinach manicottiWinter blend vegetablesWhole wheat bread/butter\*Fresh fruit | **3**(V) Beans & Brown rice^Tossed saladTortilla\* Fresh fruit |
| **6**Chicken Alfredo with tri-color pasta(V) Tri-color pasta alfredoSaladFresh fruit  | **7**(V) Broccoli Quiche Peas Whole wheat bread/butter\*Fresh fruit  | **8**Spaghetti & meat sauce\* (V) Spaghetti & tomato sauce w/ soy #^Grated cheese Spinach saladFresh fruit  | **9**Chicken leg w/ buttermilk gravy(V) Picadillo^ Zucchini & yellow squashWhole wheat bread/butter \*Fresh fruit  | **10**Turkey taco w/whole wheat Tortilla\*(V) Beans & brown rice burrito\*^Corn Grated cheese Fresh fruit |
| **13**Power veggie beef & chicken stew(V) Black bean tortilla soup^Spinach salad Whole wheat bread/butter\*Fresh fruit  | **14**Turkey meatloaf (V) French lentils w/ thyme^Mashed sweet potatoes Whole wheat bread/butter\*Fresh fruit  | **15**Dirty brown rice with beef\*(V) Dirty brown rice^Apple coleslawFresh fruit  | **16**Bean, corn, & chicken quesadilla(V) Bean, corn & cheese quesadillaWith whole wheat tortilla \*Green BeansFresh fruit  | **17**(V) Lasagna Tossed saladFresh fruit  |
| **20**CLOSED FOR PRESIDENT’S DAY | **21**Whole wheat ziti with chicken \*(V) Lentil penne & tomato sauce w/ soy \*#^Grated cheese Tossed saladFresh fruit | **22**Chicken chili (V) Veg out chili^Broccoli & cheese saladWhole wheat bread/butter\*Fresh fruit | **23**(V) Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit | **24**BBQ chicken leg(V) Mushroom stroganoff ^California blend vegetables \*Whole wheat bread/butter Fresh fruit |
| **27**Turkey sloppy joe (V) Vegetarian sloppy joe ^Corn & edamame\*Whole wheat roll Fresh fruit  | **28**(V) Whole grain cheese melt \*Tomato alphabet soup Fresh fruit  |  | *Age-appropriate milk must be served with lunch* | *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.**This institution is an equal opportunity provider* |

(V) Vegetarian meal \*Whole grain

#Gluten free ^Vegan

 March 2023 – Lunch

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| *Age-appropriate milk must be served with lunch* | *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.**This institution is an equal opportunity provider* | **1**Shepherd’s Pie(V) Chickpea curry with potatoes^Pineapple/mango coleslaw\*Whole wheat bread/butterFresh fruit | **2**Maryland-style chicken(V) Broccoli & cheddar quinoa w/brown rice \*Sugar snaps & carrots\*Whole wheat bread/butter Fresh fruit  | **3**(V) Whole wheat macaroni & cheese\*Mixed vegetables Fresh fruit  |
| **6**Whole wheat Turk-a-roni\* (V) White bean mushroom soup^Grated cheese Southwest salad Fresh fruit  | **7**(V) Whole grain pizza\*Garden saladFresh fruit  | **8**Chicken Nuggets(V) Veggie nuggetsPotato soupWhole wheat bread/butter\*Fresh fruit  | **9**(V) Spinach manicottiWinter blend vegetablesWhole wheat bread/butter\*Fresh fruit | **10**(V) Beans & Brown rice^Tossed saladTortilla\* Fresh fruit |
| **13**Chicken Alfredo with tri-color pasta(V) Tri-color pasta alfredoSaladFresh fruit  | **14**(V) Quiche Peas Whole wheat bread/butter\*Fresh fruit  | **15**Spaghetti & meat sauce\* (V) Spaghetti & tomato sauce w/ soy #^Grated cheese Spinach saladFresh fruit  | **16**Chicken leg w/ buttermilk gravy(V) Picadillo^ Zucchini & yellow squashWhole wheat bread/butter \*Fresh fruit  | **17**Turkey taco w/whole wheat Tortilla\*(V) Beans & brown rice burrito\*^Corn Grated cheese Fresh fruit |
| **20**Power veggie beef & chicken stew(V) Black bean tortilla soup^Spinach salad Whole wheat bread/butter\*Fresh fruit  | **21**Turkey meatloaf (V) French lentils w/ thyme^Mashed sweet potatoes Whole wheat bread/butter\*Fresh fruit  | **22**Dirty brown rice with beef\*(V) Dirty brown rice^Apple coleslawFresh fruit  | **23**Bean, corn, & chicken quesadilla(V) Bean, corn & cheese quesadillaWith whole wheat tortilla \*Green BeansFresh fruit  | **24**(V) Lasagna Tossed saladFresh fruit  |
| **27**Whole wheat ziti with chicken \*(V) Lentil penne & tomato sauce w/ soy \*#^Grated cheese Tossed saladFresh fruit | **28**Chicken chili (V) Veg out chili^Broccoli & cheese saladWhole wheat bread/butter\*Fresh fruit  | **29**(V) Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit | **30**Hamburger slider(V) Black bean burger #^Bean medley\*Whole wheat roll Fresh fruit  | **31**BBQ chicken leg(V) Mushroom stroganoff ^California blend vegetables \*Whole wheat bread/butter Fresh fruit |

(V) Vegetarian meal \*Whole grain

#Gluten free ^Vegan

 April 2023 – Lunch

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| **3**Turkey sloppy joe (V) Vegetarian sloppy joe ^Corn & edamame\*Whole wheat roll Fresh fruit  | **4**(V) Whole grain cheese melt \*Tomato alphabet soup Fresh fruit  | **5**Shepherd’s Pie(V) Chickpea curry with potatoes^Pineapple/mango coleslaw\*Whole wheat bread/butterFresh fruit | **6**Maryland-style chicken(V) Broccoli & cheddar quinoa w/brown rice \*Sugar snaps & carrots\*Whole wheat bread/butter Fresh fruit  | **7**(V) Whole wheat macaroni & cheese\*Mixed vegetables Fresh fruit  |
| **10**Whole wheat Turk-a-roni\* (V) White bean mushroom soup^Grated cheese Southwest salad Fresh fruit  | **11**(V) Whole grain pizza\*Garden saladFresh fruit  | **12**Chicken Patty (V) Veggie nuggetsTuscan bean and garlic soupWhole wheat bread/butter\*Fresh fruit  | **13**(V) Spinach manicottiWinter blend vegetablesWhole wheat bread/butter\*Fresh fruit | **14**(V) Beans & Brown rice^Tossed saladTortilla\* Fresh fruit |
| **17**Chicken Alfredo with tri-color pasta(V) Tri-color pasta alfredoSaladFresh fruit  | **18**(V) Broccoli Quiche Peas Whole wheat bread/butter\*Fresh fruit  | **19**Spaghetti & meat sauce\* (V) Spaghetti & tomato sauce w/ soy #^Grated cheese Spinach saladFresh fruit  | **20**Chicken leg w/ buttermilk gravy(V) Picadillo^ Zucchini & yellow squashWhole wheat bread/butter \*Fresh fruit  | **21**Turkey taco w/whole wheat Tortilla\*(V) Beans & brown rice burrito\*^Corn Grated cheese Fresh fruit |
| **24**Power veggie beef & chicken stew(V) Black bean tortilla soup^Spinach salad Whole wheat bread/butter\*Fresh fruit  | **25**Turkey meatloaf (V) French lentils w/ thyme^Mashed sweet potatoes Whole wheat bread/butter\*Fresh fruit  | **26**Dirty brown rice with beef\*(V) Dirty brown rice^Apple coleslawFresh fruit  | **27**Bean, corn, & chicken quesadilla(V) Bean, corn & cheese quesadillaWith whole wheat tortilla \*Green BeansFresh fruit  | **28**(V) Lasagna Tossed saladFresh fruit  |
|  |  |  | *Age-appropriate milk must be served with lunch* | *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.**This institution is an equal opportunity provider* |

(V) Vegetarian meal \*Whole grain

#Gluten free ^Vegan

 May 2023 – Lunch

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| **1**Whole wheat ziti with chicken \*(V) Lentil penne & tomato sauce w/ soy \*#^Grated cheese Tossed saladFresh fruit | **2**Chicken chili (V) Veg out chili^Broccoli & cheese saladWhole wheat bread/butter\*Fresh fruit  | **3**(V) Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit | **4**Hamburger slider(V) Black bean burger #^Bean medley\*Whole wheat roll Fresh fruit  | **5**BBQ chicken leg(V) Mushroom stroganoff ^California blend vegetables \*Whole wheat bread/butter Fresh fruit |
| **8**Turkey sloppy joe (V) Vegetarian sloppy joe ^Corn & edamame\*Whole wheat roll Fresh fruit  | **9**(V) Whole grain cheese melt \*Tomato alphabet soup Fresh fruit  | **10**Shepherd’s Pie(V) Chickpea curry with potatoes^Pineapple/mango coleslaw\*Whole wheat bread/butterFresh fruit | **11**Maryland-style chicken(V) Broccoli & cheddar quinoa w/brown rice \*Sugar snaps & carrots\*Whole wheat bread/butter Fresh fruit  | **12**(V) Whole wheat macaroni & cheese\*Mixed vegetables Fresh fruit  |
| **15**Whole wheat Turk-a-roni\* (V) White bean mushroom soup^Grated cheese Southwest salad Fresh fruit  | **16**(V) Whole grain pizza\*Garden saladFresh fruit  | **17**Chicken Nuggets(V) Veggie nuggetsPotato soupWhole wheat bread/butter\*Fresh fruit  | **18**(V) Spinach manicottiWinter blend vegetablesWhole wheat bread/butter\*Fresh fruit | **19**(V) Beans & Brown rice^Tossed saladTortilla\* Fresh fruit |
| **22**Chicken Alfredo with tri-color pasta(V) Tri-color pasta alfredoSaladFresh fruit  | **23**(V) Quiche Peas Whole wheat bread/butter\*Fresh fruit  | **24**Spaghetti & meat sauce\* (V) Spaghetti & tomato sauce w/ soy #^Grated cheese Spinach saladFresh fruit  | **25**Chicken leg w/ buttermilk gravy(V) Picadillo^ Zucchini & yellow squashWhole wheat bread/butter \*Fresh fruit  | **26**Turkey taco w/whole wheat Tortilla\*(V) Beans & brown rice burrito\*^Corn Grated cheese Fresh fruit |
| **29**CLOSED FOR MEMORIAL DAY | **30**Power veggie beef & chicken stew(V) Black bean tortilla soup^Spinach salad Whole wheat bread/butter\*Fresh fruit   | **31**Turkey meatloaf (V) French lentils w/ thyme^Mashed sweet potatoes Whole wheat bread/butter\*Fresh fruit | *Age-appropriate milk must be served with lunch* | *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.**This institution is an equal opportunity provider* |

(V) Vegetarian meal \*Whole grain

#Gluten free ^Vegan

 June 2023 – Lunch

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| *Age-appropriate milk must be served with lunch* | *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.**This institution is an equal opportunity provider* |  | **1**Dirty brown rice with beef\*(V) Dirty brown rice^Apple coleslawFresh fruit | **2**(V) Lasagna Tossed saladFresh fruit  |
| **5**Whole wheat ziti with chicken \*(V) Lentil penne & tomato sauce w/ soy \*#^Grated cheese Tossed saladFresh fruit | **6**Chicken chili (V) Veg out chili^Broccoli & cheese saladWhole wheat bread/butter\*Fresh fruit  | **7**(V) Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit | **8**Hamburger slider(V) Black bean burger #^Bean medley\*Whole wheat roll Fresh fruit  | **9**BBQ chicken leg(V) Mushroom stroganoff ^California blend vegetables \*Whole wheat bread/butter Fresh fruit |
| **12**Turkey sloppy joe (V) Vegetarian sloppy joe ^Corn & edamame\*Whole wheat roll Fresh fruit  | **13**(V) Whole grain cheese melt \*Tomato alphabet soup Fresh fruit  | **14**Shepherd’s Pie(V) Chickpea curry with potatoes^Pineapple/mango coleslaw\*Whole wheat bread/butterFresh fruit | **15**Maryland-style chicken(V) Broccoli & cheddar quinoa w/brown rice \*Sugar snaps & carrots\*Whole wheat bread/butter Fresh fruit  | **16**(V) Whole wheat macaroni & cheese\*Mixed vegetables Fresh fruit  |
| **19**Whole wheat Turk-a-roni\* (V) White bean mushroom soup^Grated cheese Southwest salad Fresh fruit  | **20**(V) Whole grain pizza\*Garden saladFresh fruit  | **21**Chicken Patty(V) Veggie nuggetsTuscan bean and garlic soupWhole wheat bread/butter\*Fresh fruit  | **22**(V) Spinach manicottiWinter blend vegetablesWhole wheat bread/butter\*Fresh fruit | **23**(V) Beans & Brown rice^Tossed saladTortilla\* Fresh fruit |
| **26**Chicken Alfredo with tri-color pasta(V) Tri-color pasta alfredoSaladFresh fruit  | **27**(V) Broccoli Quiche Peas Whole wheat bread/butter\*Fresh fruit  | **28**Spaghetti & meat sauce\* (V) Spaghetti & tomato sauce w/ soy #^Grated cheese Spinach saladFresh fruit  | **29**Chicken leg w/ buttermilk gravy(V) Picadillo^ Zucchini & yellow squashWhole wheat bread/butter \*Fresh fruit  | **30**Turkey taco w/whole wheat Tortilla\*(V) Beans & brown rice burrito\*^Corn Grated cheese Fresh fruit |

(V) Vegetarian meal \*Whole grain

#Gluten free ^Vegan

 July 2023 – Lunch

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| **3**Power veggie beef & chicken stew(V) Black bean tortilla soup^Spinach salad Whole wheat bread/butter\*Fresh fruit  | **4**CLOSED FOR INDEPENDENCE DAY | **5**Turkey meatloaf (V) French lentils w/ thyme^Mashed sweet potatoes Whole wheat bread/butter\*Fresh fruit | **6**Dirty brown rice with beef\*(V) Dirty brown rice^Apple coleslawFresh fruit   | **7**(V) Lasagna Tossed saladFresh fruit  |
| **10**Whole wheat ziti with chicken \*(V) Lentil penne & tomato sauce w/ soy \*#^Grated cheese Tossed saladFresh fruit | **11**Chicken chili (V) Veg out chili^Broccoli & cheese saladWhole wheat bread/butter\*Fresh fruit  | **12**(V) Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit | **13**Hamburger slider(V) Black bean burger #^Bean medley\*Whole wheat roll Fresh fruit  | **14**BBQ chicken leg(V) Mushroom stroganoff ^California blend vegetables \*Whole wheat bread/butter Fresh fruit |
| **17**Turkey sloppy joe (V) Vegetarian sloppy joe ^Corn & edamame\*Whole wheat roll Fresh fruit  | **18**(V) Whole grain cheese melt \*Tomato alphabet soup Fresh fruit  | **19**Shepherd’s Pie(V) Chickpea curry with potatoes^Pineapple/mango coleslaw\*Whole wheat bread/butterFresh fruit | **20**Maryland-style chicken(V) Broccoli & cheddar quinoa w/brown rice \*Sugar snaps & carrots\*Whole wheat bread/butter Fresh fruit  | **21**(V) Whole wheat macaroni & cheese\*Mixed vegetables Fresh fruit  |
| **24**Whole wheat Turk-a-roni\* (V) White bean mushroom soup^Grated cheese Southwest salad Fresh fruit  | **25**(V) Whole grain pizza\*Garden saladFresh fruit  | **26**Chicken Nuggets(V) Veggie nuggetsPotato soupWhole wheat bread/butter\*Fresh fruit  | **27**(V) Spinach manicottiWinter blend vegetablesWhole wheat bread/butter\*Fresh fruit | **28**(V) Beans & Brown rice^Tossed saladTortilla\* Fresh fruit |
| **31**Chicken Alfredo with tri-color pasta(V) Tri-color pasta alfredoSaladFresh fruit  |  |  | *Age-appropriate milk must be served with lunch* | *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.**This institution is an equal opportunity provider* |

(V) Vegetarian meal \*Whole grain

#Gluten free ^Vegan

 August 2023 – Lunch

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| *Age-appropriate milk must be served with lunch* | **1**(V) Quiche Peas Whole wheat bread/butter\*Fresh fruit  | **2**Spaghetti & meat sauce\* (V) Spaghetti & tomato sauce w/ soy #^Grated cheese Spinach saladFresh fruit  | **3**Chicken leg w/ buttermilk gravy(V) Picadillo^ Zucchini & yellow squashWhole wheat bread/butter \*Fresh fruit  | **4**Turkey taco w/whole wheat Tortilla\*(V) Beans & brown rice burrito\*^Corn Grated cheese Fresh fruit |
| **7**Power veggie beef & chicken stew(V) Black bean tortilla soup^Spinach salad Whole wheat bread/butter\*Fresh fruit  | **8**Turkey meatloaf (V) French lentils w/ thyme^Mashed sweet potatoes Whole wheat bread/butter\*Fresh fruit  | **9**Dirty brown rice with beef\*(V) Dirty brown rice^Apple coleslawFresh fruit  | **10**Bean, corn, & chicken quesadilla(V) Bean, corn & cheese quesadillaWith whole wheat tortilla \*Green BeansFresh fruit  | **11**(V) Lasagna Tossed saladFresh fruit  |
| **14**Whole wheat ziti with chicken \*(V) Lentil penne & tomato sauce w/ soy \*#^Grated cheese Tossed saladFresh fruit | **15**Chicken chili (V) Veg out chili^Broccoli & cheese saladWhole wheat bread/butter\*Fresh fruit  | **16**(V) Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit | **17**Hamburger slider(V) Black bean burger #^Bean medley\*Whole wheat roll Fresh fruit  | **18**BBQ chicken leg(V) Mushroom stroganoff ^California blend vegetables \*Whole wheat bread/butter Fresh fruit |
| **21**Turkey sloppy joe (V) Vegetarian sloppy joe ^Corn & edamame\*Whole wheat roll Fresh fruit  | **22**(V) Whole grain cheese melt \*Tomato alphabet soup Fresh fruit  | **23**Shepherd’s Pie(V) Chickpea curry with potatoes^Pineapple/mango coleslaw\*Whole wheat bread/butterFresh fruit | **24**Maryland-style chicken(V) Broccoli & cheddar quinoa w/brown rice \*Sugar snaps & carrots\*Whole wheat bread/butter Fresh fruit  | **25**(V) Whole wheat macaroni & cheese\*Mixed vegetables Fresh fruit  |
| **28**Whole wheat Turk-a-roni\* (V) White bean mushroom soup^Grated cheese Southwest salad Fresh fruit  | **29**(V) Whole grain pizza\*Garden saladFresh fruit  | **30**Chicken Patty(V) Veggie nuggetsTuscan bean and garlic soupWhole wheat bread/butter\*Fresh fruit  | **31**(V) Spinach manicottiWinter blend vegetablesWhole wheat bread/butter\*Fresh fruit | *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.**This institution is an equal opportunity provider* |

(V) Vegetarian meal \*Whole grain

#Gluten free ^Vegan

 September 2023 – Lunch

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| *Age-appropriate milk must be served with lunch* | *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.**This institution is an equal opportunity provider* |  |  | **1**(V) Beans & Brown rice^Tossed saladTortilla\* Fresh fruit |
| **4**CLOSED FOR LABOR DAY | **5**Chicken Alfredo with tri-color pasta(V) Tri-color pasta alfredoSaladFresh fruit   | **6**Spaghetti & meat sauce\* (V) Spaghetti & tomato sauce w/ soy #^Grated cheese Spinach saladFresh fruit  | **7**Chicken leg w/ buttermilk gravy(V) Picadillo^ Zucchini & yellow squashWhole wheat bread/butter \*Fresh fruit  | **8**Turkey taco w/whole wheat Tortilla\*(V) Beans & brown rice burrito\*^Corn Grated cheese Fresh fruit |
| **11**Power veggie beef & chicken stew(V) Black bean tortilla soup^Spinach salad Whole wheat bread/butter\*Fresh fruit  | **12**Turkey meatloaf (V) French lentils w/ thyme^Mashed sweet potatoes Whole wheat bread/butter\*Fresh fruit  | **13**Dirty brown rice with beef\*(V) Dirty brown rice^Apple coleslawFresh fruit  | **14**Bean, corn, & chicken quesadilla(V) Bean, corn & cheese quesadillaWith whole wheat tortilla \*Green BeansFresh fruit  | **15**(V) Lasagna Tossed saladFresh fruit  |
| **18**Whole wheat ziti with chicken \*(V) Lentil penne & tomato sauce w/ soy \*#^Grated cheese Tossed saladFresh fruit | **19**Chicken chili (V) Veg out chili^Broccoli & cheese saladWhole wheat bread/butter\*Fresh fruit  | **20**(V) Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit | **21**Hamburger slider(V) Black bean burger #^Bean medley\*Whole wheat roll Fresh fruit  | **22**BBQ chicken leg(V) Mushroom stroganoff ^California blend vegetables \*Whole wheat bread/butter Fresh fruit |
| **25**Turkey sloppy joe (V) Vegetarian sloppy joe ^Corn & edamame\*Whole wheat roll Fresh fruit  | **26**(V) Whole grain cheese melt \*Tomato alphabet soup Fresh fruit  | **27**Shepherd’s Pie(V) Chickpea curry with potatoes^Pineapple/mango coleslaw\*Whole wheat bread/butterFresh fruit | **28**Maryland-style chicken(V) Broccoli & cheddar quinoa w/brown rice \*Sugar snaps & carrots\*Whole wheat bread/butter Fresh fruit  | **29**(V) Whole wheat macaroni & cheese\*Mixed vegetables Fresh fruit  |

(V) Vegetarian meal \*Whole grain

#Gluten free ^Vegan