



July 2021 – Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
<i>Age appropriate milk must be served with lunch</i>	<i>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</i>		1 Bean, corn, & chicken quesadilla (V) Bean, corn & cheese quesadilla With whole wheat tortilla * Green Beans Fresh fruit	2 (V) Lasagna Tossed salad Fresh fruit
5 CLOSED FOR INDEPENDENCE DAY	6 Whole wheat ziti with chicken * (V) Lentil penne & tomato sauce w/ soy *#^ Grated cheese Tossed salad Fresh fruit	7 Chicken chili (V) Veg out chili^ Broccoli & cheese salad Whole wheat bread/butter* Fresh fruit	8 (V) Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit	9 Hamburger slider (V) Black bean burger #^ Bean medley *Whole wheat roll 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/butter Fresh 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 salad Fresh fruit	21 Chicken nuggets (V) Veggie nuggets Potato soup Whole wheat bread/butter* Fresh fruit	22 (V) Spinach manicotti Winter blend vegetables Whole wheat bread/butter* Fresh fruit	23 (V) Beans & Brown rice^ Tossed salad Tortilla* Fresh fruit
26 Chicken Alfredo with tri-color pasta (V) Tri-color pasta alfredo Salad Fresh 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 salad Fresh fruit	29 Chicken leg w/ buttermilk gravy (V) Picadillo^ Zucchini & yellow squash Whole 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
#Gluten free

*Whole grain
^Vegan