

Lunch Menu (July 2021)

Allergen

	MON	TUE	WED	THU	FRI
				1	2
ENTRÉE				Dairy Free - Broccoli Mac & Cheese (WGR)	Boneless Chicken Wings (WGR)
VEGAN				Vegan Broccoli Mac & Cheese	Cauliflower Wings
VEGETABLE				*Broccoli, Onion, Mushroom, Bean Puree	*Coleslaw Salad
FRUIT				Sliced Oranges	Fruit Medley
	5	6	7	8	9
ENTRÉE	HOLIDAY	Spaghetti & Chicken Meatballs (WGR)	General Tso's Chicken (WGR)	Tuscan Chicken Pasta (WGR)	Chicken Taquitos (WGR)
VEGAN	Independence Day	Spaghetti & Vegan Meatballs	Ginger Honey Tofu	Vegan Tuscan Pasta	Vegan Cheese Taquitos
VEGETABLE		*Peas, Tomato, Carrots	*Peas, Ginger, Carrots	*Cannellini Beans, Tomato, Spinach, Bell Pepper	*Black Bean and Corn Salsa
FRUIT		Fruit Medley	Sliced Apples	Sliced Oranges	Fruit Medley
	12	13	14	15	16
ENTRÉE	Creamy Chicken Alfredo (WGR)	Turkey Sausage English Muffin Sandwich (WGR)	Sweet and Sour Chicken (WGR)	Tater-Tot Casserole (WGR)	Chicken Tenders (WGR)
VEGAN	Vegan Alfredo	Vegan English Muffin Sandwich	Vegan Sweet and Sour	Vegan Tater-Tot Casserole	Vegan Tender
VEGETABLE	*Onion, Mushroom, White Beans	*Carrots Apple Raisin Salad	*Vegetable Medley	*Peas, Carrots, Bean Puree	*Coleslaw Salad
FRUIT	Mandarin	Fruit Medley	Sliced Apples	Sliced Oranges	Fruit Medley
	19	20	21	22	23
ENTRÉE	Turkey Bean Chilli (WGR)^	Singapore Noodle with Turkey (WGR)	Butter Chicken with Rice (WGR)	Baked Chicken Pasta (WGR)	Turkey Pot Pie (WGR)
VEGAN	Tofu Bean Chilli (WGR)	Singapore Noodle with Tofu	Vegan Butter Tofu	Baked Vegan Casserole	Roasted Vegan Pot Pie
VEGETABLE	*Celery, Carrots, Onion, Beans	*Vegetable Medley	*Vegetable Medley	*Bean Puree, Tomato, Onion	*Carrots, Peas, Bell Peppers
FRUIT	Mandarin	Fruit Medley	Sliced Apples	Sliced Oranges	Fruit Medley
	26	27	28	29	30
ENTRÉE	Spaghetti Bolognese (WGR)	Turkey Sausage & Veggie Stuffed Biscuit (WGR)	Filipino Chicken Adobo (WGR)	Tex-Mex Chicken Casserole (WGR)^	Chicken Potstickers (WGR)
VEGETARIAN	Spaghetti with Marinara sauce(WGR)	Vegan Stuffed Biscuit	Filipino Tofu Adobo	Baked Vegan Casserole	Vegetable Potstickers
VEGETABLE	*Onion, Carrots, Beans, Tomato	*Sundried Tomato & Green Onion	*Vegetable Medley	*Bean Puree, Tomato, Onion	*Asian Noodle Salad
FRUIT	Mandarin	Fruit Medley	Sliced Apples	Sliced Oranges	Fruit Medley

Pre-School Serving Sizes

Meat 2.0 oz grains 1-2 oz bread 1/2 slice vegetables 1/4 cup fruit 1/4 cup

Grade School Serving Sizes

Meat 2.5 oz grains 2-4 oz bread 1 slice vegetables 1/2 cup fruit 1/2 cup

Protein content: Meat or a bean equivalent

Gluten Free (gf) Soy Free (sf)

Veggie inside entree marked with (*)

Items marked with ^ contain Allergens. See ingredient list for detail

The main grain component in each meal are "WGR" - Whole Grain Rich