



Lunch Menu (July 2021)

| | MON | TUE | WED | THU | FRI |
|------------|--|--|---------------------------------------|--|--|
| | | | | 1 | 2 |
| ENTRÉE | | | | Broccoli Mac & Cheese (WGR)^ | Boneless Chicken Wings (WGR) |
| VEGETARIAN | | | | 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) | Creamy Tuscan Chicken Pasta (WGR)^ | Chicken Taquitos (WGR)^ |
| VEGETARIAN | Independence Day | Spaghetti & Veggie Meatballs | Ginger Honey Tofu | Creamy Tuscan Pasta | Cheese Taquitos |
| VEGETABLE | | *Peas, Tomato, Carrots | *Peas, Ginger, Carrots | *Cannellini Beans, Tomato, Spinach, Bell Pepper | *Black Bean & 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) | Cheesy Tater-Tot Casserole (WGR)^ | Chicken Tenders (WGR) |
| VEGETARIAN | Veggie Alfredo | Veggie English Muffin Sandwich | Vegetarian Sweet and Sour | Cheesy 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 Parmesan (WGR)^ | Turkey Pot Pie (WGR) |
| VEGETARIAN | Tofu Bean Chilli (WGR) | Singapore Noodle with Tofu | Vegetarian Butter Tofu | Baked Veggie Parmesan | Roasted Veggie Pot Pie |
| VEGETABLE | *Celery, Carrots, Onion, Beans | *Vegetable Medley | *Vegetable Medley | *Bell pepper, Carrots, Celery, 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 & Cheese Stuffed Biscuit (WGR)^ | Filipino Chicken Adobo (WGR) | Tex-Mex Chicken Casserole (WGR)^ | Chicken Potstickers (WGR) |
| VEGETARIAN | Spaghetti with Marinara Sauce(WGR) | Veggie Stuffed Biscuit | Filipino Tofu Adobo | Baked Veggie 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