

Lunch Menu (June 2022)



Taste Our Exciting New Items!

	MON	TUE	WED	THU	FRI
			1	2	3
ENTRÉE			Teriyaki Chicken (WGR)	Turkey Sausage Jambalaya (WGR)	Baked Chicken Parmesan (WGR) [^]
VEGETARIAN			Teriyaki Tofu	Veggie Jambalaya	Baked Veggie Parmesan
VEGETABLE			*Vegetable Medley	*Onion, Tomato, Celery, Carrots	*Bell Pepper, Celery, Tomato, Onion
FRUIT			Mandarin	Banana	Sliced Apple
	6	7	8	9	10
ENTRÉE	Chicken Noodle Soup (WGR)	Turkey Alfredo Pasta (WGR) [^]	Gen Tso Chicken & Rice (WGR)	Chicken & Yellow Rice (WGR)	Creamy Broccoli Mac & Cheese (WGR) [^]
VEGETARIAN	Veggie Soup	Creamy Alfredo Pasta	Gen Tso Tofu & Rice	Tofu & Yellow Rice	Creamy Broccoli Mac & Cheese
VEGETABLE	*Onion, Tomato, Parsley, Bean	*Cannellini Beans, Carrot, Bell Pepper, Onion	*Vegetable Medley	*Peas, Bell Pepper, Onion	*Broccoli, Carrots, Onion, Bean Puree
FRUIT	Apple	Sliced Oranges	Mandarin	Banana	Sliced Apple
	13	14	15	16	17
ENTRÉE	Spaghetti Bolognese (WGR)	Creamy Tuscan Chicken Pasta (WGR) [^]	Sweet & Sour Chicken & Rice (WGR)	Turkey Fried Rice (WGR)	Baked Chicken Parmesan (WGR) [^]
VEGETARIAN	Spaghetti with Marinara Sauce	Creamy Tuscan Pasta	Vegan Sweet & Sour Tofu	Vegetarian Fried Rice	Baked Veggie Parmesan
VEGETABLE	*Onion, Carrots, Tomato	*Cannellini Beans, Spinach, Bell Pepper	*Vegetable Medley	*Peas, Bell Pepper, Onion	*Bell Pepper, Celery, Tomato, Onion
FRUIT	Apple	Sliced Oranges	Mandarin	Banana	Sliced Apple
	20	21	22	23	24
ENTRÉE	Federal Holiday	White Chicken Chili (WGR) [^]	Korean BBQ Chicken (WGR)	Spanish Rice & Black Bean Casserole (WGR) [^]	Creamy Broccoli Mac & Cheese (WGR) [^]
VEGETARIAN		Veggie White Chili	Korean BBQ Tofu	Spanish Rice & Black Bean Casserole	Creamy Broccoli Mac & Cheese
VEGETABLE		*Onion, Corn, Carrots, Beans, Millet	*Vegetable Medley	*Bell Pepper, Onion	*Broccoli, Carrots, Onion, Bean Puree
FRUIT		Sliced Oranges	Mandarin	Banana	Sliced Apple
	27	28	29	30	
ENTRÉE	Chicken & Wild Rice Soup (WGR)	Creamy Alfredo Pasta (WGR) [^]	Teriyaki Chicken (WGR)	Chicken Gumbo (WGR)	
VEGETARIAN	Veggie & Wild Rice Soup	Creamy Alfredo Pasta	Teriyaki Tofu	Veggie Gumbo	
VEGETABLE	*Onion, Onion, Parsley	*Cannellini Beans, Carrot, Bell Pepper, Onion	*Vegetable Medley	*Onion, Tomato, Celery, Carrots, Okra	
FRUIT	Apple	Sliced Oranges	Mandarin	Banana	

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