

Lunch Menu (August 2022)



Taste Our Exciting New Items!

	MON	TUE	WED	THU	FRI
	1	2	3	4	5
ENTRÉE	Chicken & Wild Rice Soup (WGR)	Creamy Tuscan Chicken Pasta (WGR)^	Teriyaki Chicken (WGR)	Spanish Rice & Black Bean Casserole (WGR)^	Baked Chicken Parmesan (WGR)^
VEGETARIAN	Veggie & Wild Rice Soup	Creamy Tuscan Pasta	Teriyaki Tofu	Spanish Rice & Black Bean Casserole	Baked Veggie Parmesan
VEGETABLE	*Onion, Carrots, Parsley	*Cannellini Beans, Spinach, Bell Pepper	*Vegetable Medley	*Bell Pepper, Onion	*Bell Pepper, Celery, Tomato, Onion
FRUIT	Apple	Sliced Oranges	Banana	Mandarin	Sliced Apple
	8	9	10	11	12
ENTRÉE	Chicken & Noddle Soup (WGR)	Turkey Alfredo Pasta (WGR)^	Gen Tso Chicken & Rice (WGR)	Chicken & Yellow Rice (WGR)	Creamy Broccoli Mac & Cheese (WGR)^
VEGETARIAN	Veggie & Noddle Soup	Creamy Alfredo Pasta	Gen Tso Tofu & Rice	Tofu & Yellow Rice	Creamy Broccoli Mac & Cheese
VEGETABLE	*Onion, Carrots, Parsley	*Cannellini Beans, Carrot, Bell Pepper, Onion	*Vegetable Medley	*Peas, Bell Pepper, Onion	*Broccoli, Carrots, Onion, Bean Puree
FRUIT	Apple	Sliced Oranges	Banana	Mandarin	Sliced Apple
	15	16	17	18	19
ENTRÉE	Chicken & Wild Rice Soup (WGR)	Creamy Tuscan Chicken Pasta (WGR)^	Sweet & Sour Chicken & Rice (WGR)	Turkey Fried Rice (WGR)	Baked Chicken Parmesan (WGR)^
VEGETARIAN	Veggie & Wild Rice Soup	Creamy Tuscan Pasta	Vegan Sweet & Sour Tofu	Vegetarian Fried Rice	Baked Veggie Parmesan
VEGETABLE	*Onion, Carrots, Parsley	*Cannellini Beans, Spinach, Bell Pepper	*Vegetable Medley	*Peas, Bell Pepper, Onion	*Bell Pepper, Celery, Tomato, Onion
FRUIT	Apple	Sliced Oranges	Banana	Mandarin	Sliced Apple
	22	23	24	25	26
ENTRÉE	Chicken & Noddle Soup (WGR)	White Chicken Chili (WGR)^	Korean BBQ Chicken (WGR)	Chicken Gumbo (WGR)	Creamy Broccoli Mac & Cheese (WGR)^
VEGETARIAN	Veggie & Noddle Soup	Veggie White Chili	Korean BBQ Tofu	Veggie Gumbo	Creamy Broccoli Mac & Cheese
VEGETABLE	*Onion, Carrots, Parsley	*Onion, Corn, Carrots, Beans, Millet	*Vegetable Medley	*Onion, Tomato, Celery, Carrots, Okra	*Broccoli, Carrots, Onion, Bean Puree
FRUIT	Apple	Sliced Oranges	Banana	Mandarin	Sliced Apple
	29	30	31		
ENTRÉE	Chicken & Wild Rice Soup (WGR)	Creamy Alfredo Pasta (WGR)^	Teriyaki Chicken (WGR)		
VEGETARIAN	Veggie & Wild Rice Soup	Creamy Alfredo Pasta	Teriyaki Tofu		
VEGETABLE	*Onion, Carrots, Parsley	*Cannellini Beans, Carrot, Bell Pepper, Onion	*Vegetable Medley		
FRUIT	Apple	Sliced Oranges	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