

Regular Lunch Menu (June 2023)



	MON	TUE	WED	THU	FRI
				1	2
ENTRÉE				Chicken Tikka Masala with rice (WGR)	Baked Chicken Parmesan (WGR)^
VEGETARIAN				Chickpea Tikka Masala with rice	Baked Veggie Parmesan
VEGETABLE				Chickpea, Potato, Tomato, Carrots	*Bell Pepper, Celery, Tomato, Onion
FRUIT				Mandarin	Apple
	5	6	7	8	9
ENTRÉE	Turkey Sandwich with Hashbrown (WGR)^	Turkey Biryani with Vegetable (WGR)^	Gen Tso Chicken & Rice (WGR)	Spanish Rice with Black Bean Casserole (WGR)^	Chicken Tender with Vegan Pasta Salad (WGR)^
VEGETARIAN	Vegan Sandwich with Hashbrown	Vegetable Biryani	Gen Tso Tofu & Rice	Spanish Rice & Black Bean Casserole	Vegan Tender with Vegan Pasta Salad
VEGETABLE	Potato	*Onion, Carrots, Mushroom, Peas	*Vegetable Medley	*Bell Pepper, Onion, Corn, Tomato	*Celery, Carrots, Onion, Raisin
FRUIT	Apple	Sliced Oranges	Banana	Mandarin	Apple
	12	13	14	15	16
ENTRÉE	Chicken Sandwich with Potato (WGR)^	Pasta Chicken Bolognese (WGR)^	Thai Basil Turkey Fried Rice (WGR)	Butter Chicken with rice (WGR)	Creamy Chicken Pumpkin Soup (WGR)
VEGETARIAN	Vegan Sausage Sandwich with Potato	Pasta Vegan Bolognese	Thai Basil Tofu Fried Rice	Butter Tofu with rice	Vegetable Creamy Pumpkin Soup
VEGETABLE	Potato	*Onion, Tomato, Carrots, Celery	*Peas, Bell Pepper, Onion	*Bell Pepper, Onion, Carrots, Vegetable Medley	*Onion, Carrots, Beans, Pumpkin, Celery
FRUIT	Apple	Sliced Oranges	Banana	Mandarin	Apple
	19	20	21	22	23
ENTRÉE	Chicken Pasta Salad (WGR)^	Turkey Stew with Vegetable and Quinoa (WGR)^	Orange Chicken & Rice (WGR)	Turkey & Brown Rice (WGR)	Creamy Chicken Chowder (WGR)^
VEGETARIAN	Vegan Pasta Salad	Vegetable Stew with Tofu and Quinoa	Orange Tofu & Rice	Tofu & Brown Rice	Creamy Veggie Chowder
VEGETABLE	Celery, Carrots, Parsley, Chickpea	*Onion, Tomato, Carrots, Potato, Quinoa	*Vegetable Medley	*Vegetable Medley	*Cannellini Beans, Potato, Corn, Bell Papper
FRUIT	Apple	Sliced Oranges	Banana	Mandarin	Apple
	26	27	28	29	30
ENTRÉE	Chicken Noodle Soup (WGR)	Creamy Tuscan Chicken Pasta (WGR)^	Teriyaki Chicken & Rice (WGR)	Chicken Paella (WGR)	Baked Chicken Parmesan (WGR)^
VEGETARIAN	Vegan Noodle Soup	Creamy Tuscan Pasta	Teriyaki Tofu & Rice	Vegetable Paella	Veggie Parmesan Pasta
VEGETABLE	*Onion, Carrots, Parsley	*Cannellini Beans, Spinach, Bell Pepper	*Vegetable Medley	*Bell Pepper, Onion, Carrots	* Celery, Tomato, Onion
FRUIT	Apple	Sliced Oranges	Banana	Mandarin	Apple

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 - High School Serving Sizes

Meat 2.5 oz Grains 2-3 oz Bread 1 slice Vegetables 3/4 cup Fruit 3/4 cup

Diary Free (DF) 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