

## Regular Lunch Menu (July 2024)



	MON	TUE	WED	THU	FRI
	1	2	3	4	5
ENTRÉE	Thai Basil Turkey Fried Rice (WGR)	Chicken Nuggets with Penne Pasta Sauce	Orange Chicken (WGR)	HOLIDAY NO SCHOOL	Cheese Pizza (WGR)
VEGETARIAN	Thai Basil Tofu Fried Rice (WGR)	Vegan Nuggets with Penne Pasta Sauce	Orange Tofu (WGR)		Cheese Pizza (WGR)
VEGETABLE	Peas and Carrots	Tomato, Onion	Vegetable Medley		Baby Carrots
FRUIT	Apple	Sliced Orange	Banana		Melon
	8	9	10	11	12
ENTRÉE	Broccoli Chicken With Rice (WGR)	Chicken Noodle Soup (WGR)	Turkey Alfredo Pasta (WGR)	Turkey Chili (WGR)	Chicken Burger (WGR)
VEGETARIAN	Broccoli Tofu With Rice (WGR)	Vegan Noodle Soup (WGR)	Creamy Alfredo Pasta (WGR)	Veggie Chili (WGR)	Vegan Burger (WGR)
VEGETABLE	Broccoli	*Onion, Carrots, Parsley	Peas and Carrots	Carrots, Tomato, Corn and Celery	Pickles
FRUIT	Sliced Orange	Apple	Banana	Mandarin	Melon
	15	16	17	18	19
ENTRÉE	Mac and Cheese (WGR)	BBQ Chicken with Brown Rice (WGR)	Chicken Teriyaki & Rice (WGR)	Chicken Strips	Chicken Salad Sandwich (WGR)
VEGETARIAN	Mac and Cheese (WGR)	Vegan BBQ Chicken with Brown Rice (WGR)	Teriyaki Tofu & Rice	Vegan Chicken Strips	ChickPea Sandwich (WGR)
VEGETABLE	Peas and Carrots	Cole Slaw	*Vegetable Medley	Potato Tots	Celery, Onion
FRUIT	Sliced Orange	Apple	Banana	Mandarin	Melon
	22	23	24	25	26
ENTRÉE	Turkey Pasta Bolognese (WGR)	Chicken Fried Rice (WGR)	Chicken Basquaise with Brown Rice (WGR)	Mexican Chicken Salad (WGR)	Turkey Cheese Sandwich (WGR)
VEGETARIAN	Pasta Vegan Bolognese (WGR)	Tofu Fried Rice (WGR)	Tofu Basquaise with Brown Rice (WGR)	Mexican Bean Salad (WGR)	Sun Butter Jelly Sandwich (WGR)
VEGETABLE	*Onion, Tomato, Carrots, Celery	Peas and Carrots	Tomato, Onion, Mushroom	Romaine, Tomato, Corn	Baby Carrots
FRUIT	Sliced Orange	Apple	Banana	Mandarin	Melon
	29	30	31		
ENTRÉE	Sweet And Sour Chicken (WGR)	Pasta Bolognese (WGR)	Pasta Marinara with Turkey Meatball (WGR)		
VEGETARIAN	Sweet And Sour Tofu (WGR)	Plant Based Bolognese (WGR)	Veggie Pasta Marinara with Cheese (WGR)		
VEGETABLE	Bell Peppers, Onions, Carrots	*Onion, Tomato, Carrots, Celery	Marinara Sauce, Onion		
FRUIT	Sliced Orange	Apple	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 - High School Serving Sizes**

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

Dairy 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