

Regular Lunch Menu (August 2024)



Taste Our Exciting New Items!

	MON	TUE	WED	THU	FRI
				1	2
ENTRÉE				Turkey Alfredo Pasta <i>(WGR)</i>	Chicken Nuggets with Penne Pasta Sauce
VEGETARIAN				Creamy Alfredo Pasta <i>(WGR)</i>	Vegan Nuggets with Penne Pasta Sauce
VEGETABLE				Peas and Carrots	Tomato, Onion
FRUIT				Mandarin	Melon
	5	6	7	8	9
ENTRÉE	Thai Basil Turkey Fried Rice <i>(WGR)</i>	Chicken Noodle Soup <i>(WGR)</i> Pasta	Curry Chicken with Rice <i>(WGR)</i>	Broccoli Mac and Cheese <i>(WGR)</i>	Chicken Burger <i>(WGR)</i>
VEGETARIAN	Thai Basil Tofu Fried Rice <i>(WGR)</i>	Veg Noodle Soup <i>(WGR)</i> Pasta	Curry Tofu with Rice <i>(WGR)</i>	Broccoli Mac and Cheese <i>(WGR)</i>	Vegan Burger <i>(WGR)</i>
VEGETABLE	Peas and Carrots	Celery Onion Carrot	Peas and Carrots	Broccoli	Pickles
FRUIT	Apple	Sliced Orange	Banana	Mandarin	Melon
	12	13	14	15	16
ENTRÉE	Pasta Marinara with Cheese <i>(WGR)</i>	Chicken Burrito Bowl Rice <i>(WGR)</i>	Chicken Teriyaki & Rice <i>(WGR)</i>	Chicken Tikka Masala with Rice <i>(WGR)</i>	Cheese Pizza <i>(WGR)</i>
VEGETARIAN	Veggie Pasta Marinara with Cheese <i>(WGR)</i>	Vegan Burrito Bowl Rice <i>(WGR)</i>	Teriyaki Tofu & Rice <i>(WGR)</i>	Tofu Tikka Masala with Rice <i>(WGR)</i>	Cheese Pizza <i>(WGR)</i>
VEGETABLE	Marinara Sauce, Onion	Bell Peppers, Onions, Carrots	*Vegetable Medley	Potato, Tomato, Carrots	Baby Carrots
FRUIT	Apple	Sliced Orange	Banana	Mandarin	Melon
	19	20	21	22	23
ENTRÉE	Broccoli Chicken With Rice <i>(WGR)</i>	Turkey Chili <i>(WGR)</i> Roll	Chicken Basquaise with Brown Rice <i>(WGR)</i>	Butter Chicken with Rice <i>(WGR)</i>	Chicken Nugget <i>(WGR)</i> Roll
VEGETARIAN	Broccoli Tofu With Rice <i>(WGR)</i>	Veg Chili <i>(WGR)</i> Roll	Tofu Basquaise with Brown Rice <i>(WGR)</i>	Butter Tofu with Rice <i>(WGR)</i>	Vegan Nugget <i>(WGR)</i> Roll
VEGETABLE	Broccoli	Tomato, Carrots, Celery	Tomato, Onion, Mushroom	Vegetable Medley	Hashbrown
FRUIT	Apple	Sliced Orange	Banana	Mandarin	Melon
	26	27	28	29	30
ENTRÉE	Chicken Pasta Bolognese <i>(WGR)</i>	Mexican Chicken Salad <i>(WGR)</i> Roll	BBQ Chicken with <i>(WGR)</i> Roll	Mac and Cheese <i>(WGR)</i>	Chicken Salad Sandwich <i>(WGR)</i>
VEGETARIAN	Plant Based Bolognese <i>(WGR)</i>	Mexican Veg Salad <i>(WGR)</i> Roll	Vegan BBQ Chicken with <i>(WGR)</i> Roll	Mac and Cheese <i>(WGR)</i>	ChickPea Sandwich <i>(WGR)</i>
VEGETABLE	*Onion, Tomato, Carrots, Celery	Corn and Tomato	Cole Slaw	Peas and Carrots	Celery, Onion
FRUIT	Apple	Sliced Orange	Banana	Mandarin	Melon

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