



October 2024 – Lunch

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|--|--|
| <i>Age-appropriate milk must be served with lunch</i> | 1 Bean, corn, & chicken quesadilla (V) Bean, corn & cheese quesadilla With whole wheat tortilla * Green Beans Fresh fruit | 2 Stuffing topped chicken pot pie Apple coleslaw (V) Black bean tortilla soup^ Whole wheat bread/butter* Fresh fruit | 3 Turkey meatloaf (V) French lentils w/ thyme^ Mashed sweet potatoes Whole wheat bread/butter* Fresh fruit | 4 (V) Lasagna Tossed salad Fresh fruit |
| 7 Whole wheat ziti with chicken * (V) Lentil penne & tomato sauce w/ soy *#^ Grated cheese Tossed salad Fresh fruit | 8 (V) Beans & Brown rice^ Tossed salad Tortilla* Fresh fruit | 9 Shepherd's Pie (V) Chickpea curry with potatoes^ Pineapple/mango coleslaw Whole wheat bread/butter* Fresh fruit | 10 (V) Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit | 11 BBQ chicken leg (V) Mushroom stroganoff ^ California blend vegetables Whole wheat bread/butter* Fresh fruit |
| 14 Turkey sloppy joe (V) Vegetarian sloppy joe ^ Corn & edamame Roll Fresh fruit | 15 Chicken chili (V) Veg out chili^ Broccoli & cheese salad Whole wheat bread/butter* Fresh fruit | 16 Hamburger slider (V) Black bean burger #^ Bean medley Roll Fresh fruit | 17 Chicken parmesan (V) Elbows, tomato sauce w/ soy*^ Zucchini & yellow squash Whole wheat bread/butter* Fresh fruit | 18 (V) Whole wheat macaroni & cheese* Mixed vegetables Fresh fruit |
| 21 Whole wheat Turk-a-roni* (V) White bean mushroom soup^ Grated cheese Southwest salad Fresh fruit | 22 Maryland-style chicken (V) Broccoli & cheddar quinoa w/brown rice * Sugar snaps & carrots Whole wheat bread/butter* Fresh fruit | 23 Chicken patty (V) Veggie nuggets^ Tuscan bean and garlic soup Whole wheat bread/butter* Fresh fruit | 24 (V) Whole grain pizza* Garden salad Fresh fruit | 25 (V) Spinach manicotti Winter blend vegetables Whole wheat bread/butter* Fresh fruit |
| 28 Chicken Alfredo with tri-color pasta (V) Tri-color pasta alfredo Salad Fresh fruit | 29 (V) Whole grain cheese melt * Tomato alphabet soup Fresh fruit | 30 Spaghetti & meat sauce* (V) Spaghetti & tomato sauce w/ soy #^ Grated cheese Spinach salad Fresh fruit | 31 Chicken thigh w/gravy (V) Picadillo^ Peas Whole wheat bread/butter * Fresh fruit | <i>Fresh fruits include but are not limited to: apples, oranges, bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe. This institution is an equal opportunity provider</i> |

(V) Vegetarian meal
#Gluten free

*Whole grain
^Vegan



November 2024 – Lunch

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|--|---|
| Age-appropriate milk must be served with lunch | Fresh fruits include but are not limited to: apples, oranges, bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe. This institution is an equal opportunity provider | | | 1 Turkey taco w/whole wheat Tortilla* (V) Beans & brown rice burrito* [^] Corn Grated cheese Fresh fruit |
| 4 Dirty brown rice with beef* (V) Dirty brown rice [^] Spinach salad Fresh fruit | 5 Bean, corn, & chicken quesadilla (V) Bean, corn & cheese quesadilla With whole wheat tortilla * Green Beans Fresh fruit | 6 Stuffing topped chicken pot pie Apple coleslaw (V) Black bean tortilla soup [^] Whole wheat bread/butter* Fresh fruit | 7 Turkey meatloaf (V) French lentils w/ thyme [^] Mashed sweet potatoes Whole wheat bread/butter* Fresh fruit | 8 (V) Lasagna Tossed salad Fresh fruit |
| 11 Whole wheat ziti with chicken * (V) Lentil penne & tomato sauce w/ soy *# [^] Grated cheese Tossed salad Fresh fruit | 12 (V) Beans & Brown rice [^] Tossed salad Tortilla* Fresh fruit | 13 Shepherd's Pie (V) Chickpea curry with potatoes [^] Pineapple/mango coleslaw Whole wheat bread/butter* Fresh fruit | 14 (V) Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit | 15 BBQ chicken leg (V) Mushroom stroganoff [^] California blend vegetables Whole wheat bread/butter* Fresh fruit |
| 18 Turkey sloppy joe (V) Vegetarian sloppy joe [^] Corn & edamame Roll Fresh fruit | 19 Chicken chili (V) Veg out chili [^] Broccoli & cheese salad Whole wheat bread/butter* Fresh fruit | 20 Hamburger slider (V) Black bean burger # [^] Bean medley Roll Fresh fruit | 21 (V) Whole wheat macaroni & cheese* Mixed vegetables Fresh fruit | 22 THANKSGIVING LUNCH Sliced turkey & gravy (V) Veggie Patty Sweet potatoes Cranberry relish Whole wheat bread/butter Fresh fruit |
| 25 Whole wheat Turk-a-roni* (V) White bean mushroom soup [^] Grated cheese Southwest salad Fresh fruit | 26 Maryland-style chicken (V) Broccoli & cheddar quinoa w/brown rice * Sugar snaps & carrots Whole wheat bread/butter* Fresh fruit | 27 (V) Whole grain pizza* Garden salad Fresh fruit | 28 CLOSED FOR THANKSGIVING | 29 CLOSED FOR THANKSGIVING |

(V) Vegetarian meal
 #Gluten free

*Whole grain
 ^Vegan



December 2024 – Lunch

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|---|--|
| 2 Chicken Alfredo with tri-color pasta (V) Tri-color pasta alfredo Salad Fresh fruit | 3 (V) Whole grain cheese melt * Tomato alphabet soup Fresh fruit | 4 Spaghetti & meat sauce* (V) Spaghetti & tomato sauce w/ soy #^ Grated cheese Spinach salad Fresh fruit | 5 Chicken thigh w/gravy (V) Picadillo^ Peas Whole wheat bread/butter * Fresh fruit | 6 Turkey taco w/whole wheat Tortilla* (V) Beans & brown rice burrito*^ Corn Grated cheese Fresh fruit |
| 9 Dirty brown rice with beef* (V) Dirty brown rice^ Spinach salad Fresh fruit | 10 Bean, corn, & chicken quesadilla (V) Bean, corn & cheese quesadilla With whole wheat tortilla * Green Beans Fresh fruit | 11 Stuffing topped chicken pot pie Apple coleslaw (V) Black bean tortilla soup^ Whole wheat bread/butter* Fresh fruit | 12 Turkey meatloaf (V) French lentils w/ thyme^ Mashed sweet potatoes Whole wheat bread/butter* Fresh fruit | 13 (V) Lasagna Tossed salad Fresh fruit |
| 16 Whole wheat ziti with chicken * (V) Lentil penne & tomato sauce w/ soy *#^ Grated cheese Tossed salad Fresh fruit | 17 (V) Beans & Brown rice^ Tossed salad Tortilla* Fresh fruit | 18 Shepherd's Pie (V) Chickpea curry with potatoes^ Pineapple/mango coleslaw Whole wheat bread/butter* Fresh fruit | 19 (V) Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit | 20 BBQ chicken leg (V) Mushroom stroganoff ^ California blend vegetables Whole wheat bread/butter* Fresh fruit |
| 23 Turkey sloppy joe (V) Vegetarian sloppy joe ^ Corn & edamame Roll Fresh fruit | 24 Chicken chili (V) Veg out chili^ Broccoli & cheese salad Whole wheat bread/butter* Fresh fruit | 25 <p style="text-align: center;">CLOSED FOR CHRISTMAS DAY</p> | 26 Hamburger slider (V) Black bean burger #^ Bean medley Roll Fresh fruit | 27 (V) Whole wheat macaroni & cheese* Mixed vegetables Fresh fruit |
| 30 Whole wheat Turk-a-roni* (V) White bean mushroom soup^ Grated cheese Southwest salad Fresh fruit | 31 Maryland-style chicken (V) Broccoli & cheddar quinoa w/brown rice * Sugar snaps & carrots Whole wheat bread/butter* Fresh fruit | | <i>Age-appropriate milk must be served with lunch</i> | <i>Fresh fruits include but are not limited to: apples, oranges, bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe. This institution is an equal opportunity provider</i> |

(V) Vegetarian meal
 #Gluten free

*Whole grain
 ^Vegan



January 2025 – Lunch

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|--|--|
| Age-appropriate milk must be served with lunch | Fresh fruits include but are not limited to: apples, oranges, bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe. This institution is an equal opportunity provider | 1 CLOSED FOR NEW YEARS DAY | 2 Chicken nuggets (V) Veggie nuggets^ Potato soup Whole wheat bread/butter* Fresh fruit | 3 (V) Whole grain pizza* Garden salad Fresh fruit |
| 6 Chicken Alfredo with tri-color pasta (V) Tri-color pasta alfredo Salad Fresh fruit | 7 (V) Whole grain cheese melt * Tomato alphabet soup Fresh fruit | 8 Spaghetti & meat sauce* (V) Spaghetti & tomato sauce w/ soy #^ Grated cheese Spinach salad Fresh fruit | 9 Chicken thigh w/gravy (V) Picadillo^ Peas Whole wheat bread/butter * Fresh fruit | 10 Turkey taco w/whole wheat Tortilla* (V) Beans & brown rice burrito*^ Corn Grated cheese Fresh fruit |
| 13 Dirty brown rice with beef* (V) Dirty brown rice^ Spinach salad Fresh fruit | 14 Bean, corn, & chicken quesadilla (V) Bean, corn & cheese quesadilla With whole wheat tortilla * Green Beans Fresh fruit | 15 Stuffing topped chicken pot pie Apple coleslaw (V) Black bean tortilla soup^ Whole wheat bread/butter* Fresh fruit | 16 Turkey meatloaf (V) French lentils w/ thyme^ Mashed sweet potatoes Whole wheat bread/butter* Fresh fruit | 17 (V) Lasagna Tossed salad Fresh fruit |
| 20 CLOSED FOR MLK JR DAY | 21 Whole wheat ziti with chicken * (V) Lentil penne & tomato sauce w/ soy *#^ Grated cheese Tossed salad Fresh fruit | 22 (V) Beans & Brown rice^ Tossed salad Tortilla* Fresh fruit | 23 (V) Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit | 24 BBQ chicken leg (V) Mushroom stroganoff ^ California blend vegetables Whole wheat bread/butter* Fresh fruit |
| 27 Turkey sloppy joe (V) Vegetarian sloppy joe ^ Corn & edamame Roll Fresh fruit | 28 Chicken chili (V) Veg out chili^ Broccoli & cheese salad Whole wheat bread/butter* Fresh fruit | 29 Hamburger slider (V) Black bean burger #^ Bean medley Roll Fresh fruit | 30 Chicken parmesan (V) Elbows, tomato sauce w/ soy*^ Zucchini & yellow squash Whole wheat bread/butter* Fresh fruit | 31 (V) Whole wheat macaroni & cheese* Mixed vegetables Fresh fruit |

(V) Vegetarian meal
#Gluten free

*Whole grain
^Vegan



February 2025 – Lunch

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|---|--|
| 3 Whole wheat Turk-a-roni* (V) White bean mushroom soup^ Grated cheese Southwest salad Fresh fruit | 4 Maryland-style chicken (V) Broccoli & cheddar quinoa w/brown rice * Sugar snaps & carrots Whole wheat bread/butter* Fresh fruit | 5 Chicken patty (V) Veggie nuggets^ Tuscan bean and garlic soup Whole wheat bread/butter* Fresh fruit | 6 (V) Whole grain pizza* Garden salad Fresh fruit | 7 (V) Spinach manicotti Winter blend vegetables Whole wheat bread/butter* Fresh fruit |
| 10 Chicken Alfredo with tri-color pasta (V) Tri-color pasta alfredo Salad Fresh fruit | 11 (V) Whole grain cheese melt * Tomato alphabet soup Fresh fruit | 12 Spaghetti & meat sauce* (V) Spaghetti & tomato sauce w/ soy #^ Grated cheese Spinach salad Fresh fruit | 13 Chicken thigh w/gravy (V) Picadillo^ Peas Whole wheat bread/butter * Fresh fruit | 14 Turkey taco w/whole wheat Tortilla* (V) Beans & brown rice burrito*^ Corn Grated cheese Fresh fruit |
| 17 <p style="text-align: center;">CLOSED FOR PRESIDENT'S DAY</p> | 18 Dirty brown rice with beef* (V) Dirty brown rice^ Spinach salad Fresh fruit | 19 Stuffing topped chicken pot pie Apple coleslaw (V) Black bean tortilla soup^ Whole wheat bread/butter* Fresh fruit | 20 Turkey meatloaf (V) French lentils w/ thyme^ Mashed sweet potatoes Whole wheat bread/butter* Fresh fruit | 21 (V) Lasagna Tossed salad Fresh fruit |
| 24 Whole wheat ziti with chicken * (V) Lentil penne & tomato sauce w/ soy *#^ Grated cheese Tossed salad Fresh fruit | 25 (V) Beans & Brown rice^ Tossed salad Tortilla* Fresh fruit | 26 Shepherd's Pie (V) Chickpea curry with potatoes^ Pineapple/mango coleslaw Whole wheat bread/butter* Fresh fruit | 27 (V) Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit | 28 BBQ chicken leg (V) Mushroom stroganoff ^ California blend vegetables Whole wheat bread/butter* Fresh fruit |
| | | | <i>Age-appropriate milk must be served with lunch</i> | <i>Fresh fruits include but are not limited to: apples, oranges, bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe. This institution is an equal opportunity provider</i> |

(V) Vegetarian meal
 #Gluten free

*Whole grain
 ^Vegan



March 2025 – Lunch

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|---|--|
| 3 Turkey sloppy joe (V) Vegetarian sloppy joe ^ Corn & edamame Roll Fresh fruit | 4 Chicken chili (V) Veg out chili^ Broccoli & cheese salad Whole wheat bread/butter* Fresh fruit | 5 Hamburger slider (V) Black bean burger #^ Bean medley Roll Fresh fruit | 6 Chicken parmesan (V) Elbows, tomato sauce w/ soy*^ Zucchini & yellow squash Whole wheat bread/butter* Fresh fruit | 7 (V) Whole wheat macaroni & cheese* Mixed vegetables Fresh fruit |
| 10 Whole wheat Turk-a-roni* (V) White bean mushroom soup^ Grated cheese Southwest salad Fresh fruit | 11 Maryland-style chicken (V) Broccoli & cheddar quinoa w/brown rice * Sugar snaps & carrots Whole wheat bread/butter* Fresh fruit | 12 Chicken nuggets (V) Veggie nuggets^ Potato soup Whole wheat bread/butter* Fresh fruit | 13 (V) Whole grain pizza* Garden salad Fresh fruit | 14 (V) Spinach manicotti Winter blend vegetables Whole wheat bread/butter* Fresh fruit |
| 17 Chicken Alfredo with tri-color pasta (V) Tri-color pasta alfredo Salad Fresh fruit | 18 (V) Whole grain cheese melt * Tomato alphabet soup Fresh fruit | 19 Spaghetti & meat sauce* (V) Spaghetti & tomato sauce w/ soy #^ Grated cheese Spinach salad Fresh fruit | 20 Chicken thigh w/gravy (V) Picadillo^ Peas Whole wheat bread/butter * Fresh fruit | 21 Turkey taco w/whole wheat Tortilla* (V) Beans & brown rice burrito*^ Corn Grated cheese Fresh fruit |
| 24 Dirty brown rice with beef* (V) Dirty brown rice^ Spinach salad Fresh fruit | 25 Bean, corn, & chicken quesadilla (V) Bean, corn & cheese quesadilla With whole wheat tortilla * Green Beans Fresh fruit | 26 Stuffing topped chicken pot pie Apple coleslaw (V) Black bean tortilla soup^ Whole wheat bread/butter* Fresh fruit | 27 Turkey meatloaf (V) French lentils w/ thyme^ Mashed sweet potatoes Whole wheat bread/butter* Fresh fruit | 28 (V) Lasagna Tossed salad Fresh fruit |
| 31 Whole wheat ziti with chicken * (V) Lentil penne & tomato sauce w/ soy *#^ Grated cheese Tossed salad Fresh fruit | | | <i>Age-appropriate milk must be served with lunch</i> | <i>Fresh fruits include but are not limited to: apples, oranges, bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe. This institution is an equal opportunity provider</i> |

(V) Vegetarian meal
 #Gluten free

*Whole grain
 ^Vegan



April 2025 – Lunch

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|--|--|
| | 1 (V) Beans & Brown rice^ Tossed salad Tortilla* Fresh fruit | 2 Shepherd's Pie (V) Chickpea curry with potatoes^ Pineapple/mango coleslaw Whole wheat bread/butter* Fresh fruit | 3 (V) Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit | 4 BBQ chicken leg (V) Mushroom stroganoff ^ California blend vegetables Whole wheat bread/butter* Fresh fruit |
| 7 Turkey sloppy joe (V) Vegetarian sloppy joe ^ Corn & edamame Roll Fresh fruit | 8 Chicken chili (V) Veg out chili^ Broccoli & cheese salad Whole wheat bread/butter* Fresh fruit | 9 Hamburger slider (V) Black bean burger #^ Bean medley Roll Fresh fruit | 10 Chicken parmesan (V) Elbows, tomato sauce w/ soy*^ Zucchini & yellow squash Whole wheat bread/butter* Fresh fruit | 11 (V) Whole wheat macaroni & cheese* Mixed vegetables Fresh fruit |
| 14 Whole wheat Turk-a-roni* (V) White bean mushroom soup^ Grated cheese Southwest salad Fresh fruit | 15 Maryland-style chicken (V) Broccoli & cheddar quinoa w/brown rice * Sugar snaps & carrots Whole wheat bread/butter* Fresh fruit | 16 Chicken patty (V) Veggie nuggets^ Tuscan bean and garlic soup Whole wheat bread/butter* Fresh fruit | 17 (V) Whole grain pizza* Garden salad Fresh fruit | 18 (V) Spinach manicotti Winter blend vegetables Whole wheat bread/butter* Fresh fruit |
| 21 Chicken Alfredo with tri-color pasta (V) Tri-color pasta alfredo Salad Fresh fruit | 22 (V) Whole grain cheese melt * Tomato alphabet soup Fresh fruit | 23 Spaghetti & meat sauce* (V) Spaghetti & tomato sauce w/ soy #^ Grated cheese Spinach salad Fresh fruit | 24 Chicken thigh w/gravy (V) Picadillo^ Peas Whole wheat bread/butter * Fresh fruit | 25 Turkey taco w/whole wheat Tortilla* (V) Beans & brown rice burrito*^ Corn Grated cheese Fresh fruit |
| 28 Dirty brown rice with beef* (V) Dirty brown rice^ Spinach salad Fresh fruit | 29 Bean, corn, & chicken quesadilla (V) Bean, corn & cheese quesadilla With whole wheat tortilla * Green Beans Fresh fruit | 30 Stuffing topped chicken pot pie Apple coleslaw (V) Black bean tortilla soup^ Whole wheat bread/butter* Fresh fruit | <i>Age-appropriate milk must be served with lunch</i> | |
| | | | | <i>Fresh fruits include but are not limited to: apples, oranges, bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe. This institution is an equal opportunity provider</i> |

(V) Vegetarian meal
#Gluten free

*Whole grain
^Vegan



May 2025 – Lunch

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|--|---|
| Age-appropriate milk must be served with lunch | Fresh fruits include but are not limited to: apples, oranges, bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe. This institution is an equal opportunity provider | | 1 Turkey meatloaf (V) French lentils w/ thyme^ Mashed sweet potatoes Whole wheat bread/butter* Fresh fruit | 2 (V) Lasagna Tossed salad Fresh fruit |
| 5 Whole wheat ziti with chicken * (V) Lentil penne & tomato sauce w/ soy *#^ Grated cheese Tossed salad Fresh fruit | 6 (V) Beans & Brown rice^ Tossed salad Tortilla* Fresh fruit | 7 Shepherd's Pie (V) Chickpea curry with potatoes^ Pineapple/mango coleslaw Whole wheat bread/butter* Fresh fruit | 8 (V) Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit | 9 BBQ chicken leg (V) Mushroom stroganoff ^ California blend vegetables Whole wheat bread/butter* Fresh fruit |
| 12 Turkey sloppy joe (V) Vegetarian sloppy joe ^ Corn & edamame Roll Fresh fruit | 13 Chicken chili (V) Veg out chili^ Broccoli & cheese salad Whole wheat bread/butter* Fresh fruit | 14 Hamburger slider (V) Black bean burger #^ Bean medley Roll Fresh fruit | 15 Chicken parmesan (V) Elbows, tomato sauce w/ soy*^ Zucchini & yellow squash Whole wheat bread/butter* Fresh fruit | 16 (V) Whole wheat macaroni & cheese* Mixed vegetables Fresh fruit |
| 19 Whole wheat Turk-a-roni* (V) White bean mushroom soup^ Grated cheese Southwest salad Fresh fruit | 20 Maryland-style chicken (V) Broccoli & cheddar quinoa w/brown rice * Sugar snaps & carrots Whole wheat bread/butter* Fresh fruit | 21 Chicken nuggets (V) Veggie nuggets^ Potato soup Whole wheat bread/butter* Fresh fruit | 22 (V) Whole grain pizza* Garden salad Fresh fruit | 23 (V) Spinach manicotti Winter blend vegetables Whole wheat bread/butter* Fresh fruit |
| 26 CLOSED FOR MEMORIAL DAY | 27 Chicken Alfredo with tri-color pasta (V) Tri-color pasta alfredo Salad Fresh fruit | 28 (V) Whole grain cheese melt * Tomato alphabet soup Fresh fruit | 29 Spaghetti & meat sauce* (V) Spaghetti & tomato sauce w/ soy #^ Grated cheese Spinach salad Fresh fruit | 30 Turkey taco w/whole wheat Tortilla* (V) Beans & brown rice burrito*^ Corn Grated cheese Fresh fruit |

(V) Vegetarian meal
#Gluten free

*Whole grain
^Vegan



June 2025 – Lunch

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|--|--|
| 2 Dirty brown rice with beef* (V) Dirty brown rice^ Spinach salad Fresh fruit | 3 Bean, corn, & chicken quesadilla (V) Bean, corn & cheese quesadilla With whole wheat tortilla * Green Beans Fresh fruit | 4 Stuffing topped chicken pot pie Apple coleslaw (V) Black bean tortilla soup^ Whole wheat bread/butter* Fresh fruit | 5 Turkey meatloaf (V) French lentils w/ thyme^ Mashed sweet potatoes Whole wheat bread/butter* Fresh fruit | 6 (V) Lasagna Tossed salad Fresh fruit |
| 9 Whole wheat ziti with chicken * (V) Lentil penne & tomato sauce w/ soy *#^ Grated cheese Tossed salad Fresh fruit | 10 (V) Beans & Brown rice^ Tossed salad Tortilla* Fresh fruit | 11 Shepherd's Pie (V) Chickpea curry with potatoes^ Pineapple/mango coleslaw Whole wheat bread/butter* Fresh fruit | 12 (V) Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit | 13 BBQ chicken leg (V) Mushroom stroganoff ^ California blend vegetables Whole wheat bread/butter* Fresh fruit |
| 16 Turkey sloppy joe (V) Vegetarian sloppy joe ^ Corn & edamame Roll Fresh fruit | 17 Chicken chili (V) Veg out chili^ Broccoli & cheese salad Whole wheat bread/butter* Fresh fruit | 18 Hamburger slider (V) Black bean burger #^ Bean medley Roll Fresh fruit | 19 Chicken parmesan (V) Elbows, tomato sauce w/ soy*^ Zucchini & yellow squash Whole wheat bread/butter* Fresh fruit | 20 (V) Whole wheat macaroni & cheese* Mixed vegetables Fresh fruit |
| 23 Whole wheat Turk-a-roni* (V) White bean mushroom soup^ Grated cheese Southwest salad Fresh fruit | 24 Maryland-style chicken (V) Broccoli & cheddar quinoa w/brown rice * Sugar snaps & carrots Whole wheat bread/butter* Fresh fruit | 25 Chicken patty (V) Veggie nuggets^ Tuscan bean and garlic soup Whole wheat bread/butter* Fresh fruit | 26 (V) Whole grain pizza* Garden salad Fresh fruit | 27 (V) Spinach manicotti Winter blend vegetables Whole wheat bread/butter* Fresh fruit |
| 30 Chicken Alfredo with tri-color pasta (V) Tri-color pasta alfredo Salad Fresh fruit | | | <i>Age-appropriate milk must be served with lunch</i> | <i>Fresh fruits include but are not limited to: apples, oranges, bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe. This institution is an equal opportunity provider</i> |

(V) Vegetarian meal
 #Gluten free

*Whole grain
 ^Vegan



July 2025 – Lunch

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|--|---|
| <p><i>Age-appropriate milk must be served with lunch</i></p> | <p>1 (V) Whole grain cheese melt * Tomato alphabet soup Fresh fruit</p> | <p>2 Spaghetti & meat sauce* (V) Spaghetti & tomato sauce w/ soy #^ Grated cheese Spinach salad Fresh fruit</p> | <p>3 Turkey taco w/whole wheat Tortilla* (V) Beans & brown rice burrito*^ Corn Grated cheese Fresh fruit</p> | <p>4 CLOSED FOR INDEPENDENCE DAY</p> |
| <p>7 Dirty brown rice with beef* (V) Dirty brown rice^ Spinach salad Fresh fruit</p> | <p>8 Bean, corn, & chicken quesadilla (V) Bean, corn & cheese quesadilla With whole wheat tortilla * Green Beans Fresh fruit</p> | <p>9 Stuffing topped chicken pot pie Apple coleslaw (V) Black bean tortilla soup^ Whole wheat bread/butter* Fresh fruit</p> | <p>10 Turkey meatloaf (V) French lentils w/ thyme^ Mashed sweet potatoes Whole wheat bread/butter* Fresh fruit</p> | <p>11 (V) Lasagna Tossed salad Fresh fruit</p> |
| <p>14 Whole wheat ziti with chicken * (V) Lentil penne & tomato sauce w/ soy *#^ Grated cheese Tossed salad Fresh fruit</p> | <p>15 (V) Beans & Brown rice^ Tossed salad Tortilla* Fresh fruit</p> | <p>16 Shepherd's Pie (V) Chickpea curry with potatoes^ Pineapple/mango coleslaw Whole wheat bread/butter* Fresh fruit</p> | <p>17 (V) Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit</p> | <p>18 BBQ chicken leg (V) Mushroom stroganoff ^ California blend vegetables Whole wheat bread/butter* Fresh fruit</p> |
| <p>21 Turkey sloppy joe (V) Vegetarian sloppy joe ^ Corn & edamame Roll Fresh fruit</p> | <p>22 Chicken chili (V) Veg out chili^ Broccoli & cheese salad Whole wheat bread/butter* Fresh fruit</p> | <p>23 Hamburger slider (V) Black bean burger #^ Bean medley Roll Fresh fruit</p> | <p>24 Chicken parmesan (V) Elbows, tomato sauce w/ soy*^ Zucchini & yellow squash Whole wheat bread/butter* Fresh fruit</p> | <p>25 (V) Whole wheat macaroni & cheese* Mixed vegetables Fresh fruit</p> |
| <p>28 Whole wheat Turk-a-roni* (V) White bean mushroom soup^ Grated cheese Southwest salad Fresh fruit</p> | <p>29 Maryland-style chicken (V) Broccoli & cheddar quinoa w/brown rice * Sugar snaps & carrots Whole wheat bread/butter* Fresh fruit</p> | <p>30 Chicken nuggets (V) Veggie nuggets^ Potato soup Whole wheat bread/butter* Fresh fruit</p> | <p>31 (V) Whole grain pizza* Garden salad Fresh fruit</p> | <p><i>Fresh fruits include but are not limited to: apples, oranges, bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe. This institution is an equal opportunity provider</i></p> |

(V) Vegetarian meal
#Gluten free

*Whole grain
^Vegan



August 2025 – Lunch

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|--|--|
| <i>Age-appropriate milk must be served with lunch</i> | <i>Fresh fruits include but are not limited to: apples, oranges, bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe. This institution is an equal opportunity provider</i> | | | 1 (V) Spinach manicotti Winter blend vegetables Whole wheat bread/butter* Fresh fruit |
| 4 Chicken Alfredo with tri-color pasta (V) Tri-color pasta alfredo Salad Fresh fruit | 5 (V) Whole grain cheese melt * Tomato alphabet soup Fresh fruit | 6 Spaghetti & meat sauce* (V) Spaghetti & tomato sauce w/ soy #^ Grated cheese Spinach salad Fresh fruit | 7 Chicken thigh w/gravy (V) Picadillo^ Peas Whole wheat bread/butter * Fresh fruit | 8 Turkey taco w/whole wheat Tortilla* (V) Beans & brown rice burrito*^ Corn Grated cheese Fresh fruit |
| 11 Dirty brown rice with beef* (V) Dirty brown rice^ Spinach salad Fresh fruit | 12 Bean, corn, & chicken quesadilla (V) Bean, corn & cheese quesadilla With whole wheat tortilla * Green Beans Fresh fruit | 13 Stuffing topped chicken pot pie Apple coleslaw (V) Black bean tortilla soup^ Whole wheat bread/butter* Fresh fruit | 14 Turkey meatloaf (V) French lentils w/ thyme^ Mashed sweet potatoes Whole wheat bread/butter* Fresh fruit | 15 (V) Lasagna Tossed salad Fresh fruit |
| 18 Whole wheat ziti with chicken * (V) Lentil penne & tomato sauce w/ soy *#^ Grated cheese Tossed salad Fresh fruit | 19 (V) Beans & Brown rice^ Tossed salad Tortilla* Fresh fruit | 20 Shepherd's Pie (V) Chickpea curry with potatoes^ Pineapple/mango coleslaw Whole wheat bread/butter* Fresh fruit | 21 (V) Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit | 22 BBQ chicken leg (V) Mushroom stroganoff ^ California blend vegetables Whole wheat bread/butter* Fresh fruit |
| 25 Turkey sloppy joe (V) Vegetarian sloppy joe ^ Corn & edamame Roll Fresh fruit | 26 Chicken chili (V) Veg out chili^ Broccoli & cheese salad Whole wheat bread/butter* Fresh fruit | 27 Hamburger slider (V) Black bean burger #^ Bean medley Roll Fresh fruit | 28 Chicken parmesan (V) Elbows, tomato sauce w/ soy*^ Zucchini & yellow squash Whole wheat bread/butter* Fresh fruit | 29 (V) Whole wheat macaroni & cheese* Mixed vegetables Fresh fruit |

(V) Vegetarian meal
#Gluten free

*Whole grain
^Vegan