



October 2023 – Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
2 Whole wheat Turk-a-roni* (V) White bean mushroom soup^ Grated cheese Southwest salad Fresh fruit	3 (V) Whole grain pizza* Garden salad Fresh fruit	4 Chicken nuggets (V) Veggie nuggets^ Potato soup Whole wheat bread/butter* Fresh fruit	5 (V) Beans & Brown rice^ Tossed salad Tortilla* Fresh fruit	6 (V) Spinach manicotti Winter blend vegetables Whole wheat bread/butter* Fresh fruit
9 Chicken Alfredo with tri-color pasta (V) Tri-color pasta alfredo Salad Fresh fruit	10 (V) Broccoli Quiche Peas Whole wheat bread/butter* Fresh fruit	11 Spaghetti & meat sauce* (V) Spaghetti & tomato sauce w/ soy #^ Grated cheese Spinach salad Fresh fruit	12 Chicken leg w/ buttermilk gravy (V) Picadillo^ Zucchini & yellow squash Whole wheat bread/butter * Fresh fruit	13 Turkey taco w/whole wheat Tortilla* (V) Beans & brown rice burrito*^ Corn Grated cheese Fresh fruit
16 Power veggie beef & chicken stew (V) Black bean tortilla soup^ Spinach salad Whole wheat bread/butter* Fresh fruit	17 Bean, corn, & chicken quesadilla (V) Bean, corn & cheese quesadilla With whole wheat tortilla * Green Beans Fresh fruit	18 Dirty brown rice with beef* (V) Dirty brown rice^ Apple coleslaw Fresh fruit	19 Turkey meatloaf (V) French lentils w/ thyme^ Mashed sweet potatoes Whole wheat bread/butter* Fresh fruit	20 (V) Lasagna Tossed salad Fresh fruit
23 Whole wheat ziti with chicken * (V) Lentil penne & tomato sauce w/ soy *#^ Grated cheese Tossed salad Fresh fruit	24 Chicken chili (V) Veg out chili^ Broccoli & cheese salad Whole wheat bread/butter* Fresh fruit	25 Hamburger slider (V) Black bean burger #^ Bean medley Whole wheat roll* Fresh fruit	26 (V) Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit	27 BBQ chicken leg (V) Mushroom stroganoff ^ California blend vegetables Whole wheat bread/butter* Fresh fruit
30 Turkey sloppy joe (V) Vegetarian sloppy joe ^ Corn & edamame Whole wheat roll* Fresh fruit	31 (V) Whole grain cheese melt * Tomato alphabet soup 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



November 2023 – 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 Shepherd's Pie (V) Chickpea curry with potatoes^ Pineapple/mango coleslaw Whole wheat bread/butter* Fresh fruit	2 Maryland-style chicken (V) Broccoli & cheddar quinoa w/brown rice * Sugar snaps & carrots Whole wheat bread/butter* Fresh fruit	3 (V) Whole wheat macaroni & cheese* Mixed vegetables Fresh fruit
6 Whole wheat Turk-a-roni* (V) White bean mushroom soup^ Grated cheese Southwest salad Fresh fruit	7 (V) Whole grain pizza* Garden salad Fresh fruit	8 Chicken patty Tuscan bean and garlic soup (V) Veggie nuggets^ Whole wheat bread/butter* Fresh fruit	9 (V) Beans & Brown rice^ Tossed salad Tortilla* Fresh fruit	10 (V) Spinach manicotti Winter blend vegetables Whole wheat bread/butter* Fresh fruit
13 Chicken Alfredo with tri-color pasta (V) Tri-color pasta alfredo Salad Fresh fruit	14 (V) Quiche Peas Whole wheat bread/butter* Fresh fruit	15 Spaghetti & meat sauce* (V) Spaghetti & tomato sauce w/ soy #^ Grated cheese Spinach salad Fresh fruit	16 Turkey taco w/whole wheat Tortilla* (V) Beans & brown rice burrito*^ Corn Grated cheese Fresh fruit	17 THANKSGIVING LUNCH Sliced turkey & gravy (V) Veggie Patty Sweet potatoes Cranberry relish Whole wheat bread/butter Fresh fruit
20 Power veggie beef & chicken stew (V) Black bean tortilla soup^ Spinach salad Whole wheat bread/butter* Fresh fruit	21 Dirty brown rice with beef* (V) Dirty brown rice^ Apple coleslaw Fresh fruit	22 (V) Lasagna Tossed salad Fresh fruit	23 CLOSED FOR THANKSGIVING	24 CLOSED FOR THANKSGIVING
27 Whole wheat ziti with chicken * (V) Lentil penne & tomato sauce w/ soy *#^ Grated cheese Tossed salad 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 Whole wheat roll* Fresh fruit	30 (V) Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit	

(V) Vegetarian meal
#Gluten free

*Whole grain
^Vegan



December 2023 – 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 BBQ chicken leg (V) Mushroom stroganoff ^ California blend vegetables Whole wheat bread/butter* Fresh fruit
4 Turkey sloppy joe (V) Vegetarian sloppy joe ^ Corn & edamame Whole wheat roll* Fresh fruit	5 (V) Whole grain cheese melt * Tomato alphabet soup Fresh fruit	6 Shepherd's Pie (V) Chickpea curry with potatoes^ Pineapple/mango coleslaw Whole wheat bread/butter* Fresh fruit	7 Maryland-style chicken (V) Broccoli & cheddar quinoa w/brown rice * Sugar snaps & carrots Whole wheat bread/butter* Fresh fruit	8 (V) Whole wheat macaroni & cheese* Mixed vegetables Fresh fruit
11 Whole wheat Turk-a-roni* (V) White bean mushroom soup^ Grated cheese Southwest salad Fresh fruit	12 (V) Whole grain pizza* Garden salad Fresh fruit	13 Chicken nuggets (V) Veggie nuggets^ Potato soup Whole wheat bread/butter* Fresh fruit	14 (V) Beans & Brown rice^ Tossed salad Tortilla* Fresh fruit	15 (V) Spinach manicotti Winter blend vegetables Whole wheat bread/butter* Fresh fruit
18 Chicken Alfredo with tri-color pasta (V) Tri-color pasta alfredo Salad Fresh fruit	19 (V) Broccoli Quiche Peas Whole wheat bread/butter* Fresh fruit	20 Spaghetti & meat sauce* (V) Spaghetti & tomato sauce w/ soy #^ Grated cheese Spinach salad Fresh fruit	21 Chicken leg w/ buttermilk gravy (V) Picadillo^ Zucchini & yellow squash Whole wheat bread/butter * Fresh fruit	22 Turkey taco w/whole wheat Tortilla* (V) Beans & brown rice burrito*^ Corn Grated cheese Fresh fruit
25 CLOSED FOR CHRISTMAS DAY	26 Power veggie beef & chicken stew (V) Black bean tortilla soup^ Spinach salad Whole wheat bread/butter* Fresh fruit	27 Dirty brown rice with beef* (V) Dirty brown rice^ Apple coleslaw Fresh fruit	28 Turkey meatloaf (V) French lentils w/ thyme^ Mashed sweet potatoes Whole wheat bread/butter* Fresh fruit	29 (V) Lasagna Tossed salad Fresh fruit

(V) Vegetarian meal
#Gluten free

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^Vegan



January 2024 – Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
1 CLOSED FOR NEW YEARS DAY	2 Whole wheat ziti with chicken * (V) Lentil penne & tomato sauce w/ soy *#^ Grated cheese Tossed salad Fresh fruit	3 Chicken chili (V) Veg out chili^ Broccoli & cheese salad Whole wheat bread/butter* Fresh fruit	4 (V) Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit	5 BBQ chicken leg (V) Mushroom stroganoff ^ California blend vegetables Whole wheat bread/butter* Fresh fruit
8 Turkey sloppy joe (V) Vegetarian sloppy joe ^ Corn & edamame Whole wheat roll* Fresh fruit	9 (V) Whole grain cheese melt * Tomato alphabet soup Fresh fruit	10 Shepherd's Pie (V) Chickpea curry with potatoes^ Pineapple/mango coleslaw Whole wheat bread/butter* Fresh fruit	11 Maryland-style chicken (V) Broccoli & cheddar quinoa w/brown rice * Sugar snaps & carrots Whole wheat bread/butter* Fresh fruit	12 (V) Whole wheat macaroni & cheese* Mixed vegetables Fresh fruit
15 CLOSED FOR MLK JR DAY	16 Whole wheat Turk-a-roni* (V) White bean mushroom soup^ Grated cheese Southwest salad Fresh fruit	17 (V) Whole grain pizza* Garden salad Fresh fruit	18 Chicken patty Tuscan bean and garlic soup (V) Veggie nuggets^ Whole wheat bread/butter* Fresh fruit	19 (V) Beans & Brown rice^ Tossed salad Tortilla* Fresh fruit
22 Chicken Alfredo with tri-color pasta (V) Tri-color pasta alfredo Salad Fresh fruit	23 (V) Quiche Peas Whole wheat bread/butter* Fresh fruit	24 Spaghetti & meat sauce* (V) Spaghetti & tomato sauce w/ soy #^ Grated cheese Spinach salad Fresh fruit	25 Chicken leg w/ buttermilk gravy (V) Picadillo^ Zucchini & yellow squash Whole wheat bread/butter * Fresh fruit	26 Turkey taco w/whole wheat Tortilla* (V) Beans & brown rice burrito*^ Corn Grated cheese Fresh fruit
29 Power veggie beef & chicken stew (V) Black bean tortilla soup^ Spinach salad Whole wheat bread/butter* Fresh fruit	30 Bean, corn, & chicken quesadilla (V) Bean, corn & cheese quesadilla With whole wheat tortilla * Green Beans Fresh fruit	31 Dirty brown rice with beef* (V) Dirty brown rice^ Apple coleslaw 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>				

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 ^Vegan



February 2024 – 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 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 Chicken chili (V) Veg out chili^ Broccoli & cheese salad Whole wheat bread/butter* Fresh fruit	7 Hamburger slider (V) Black bean burger #^ Bean medley Whole wheat roll* 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 Whole wheat roll* Fresh fruit	13 (V) Whole grain cheese melt * Tomato alphabet soup Fresh fruit	14 Shepherd's Pie (V) Chickpea curry with potatoes^ Pineapple/mango coleslaw Whole wheat bread/butter* Fresh fruit	15 Maryland-style chicken (V) Broccoli & cheddar quinoa w/brown rice * Sugar snaps & carrots Whole wheat bread/butter* Fresh fruit	16 (V) Whole wheat macaroni & cheese* Mixed vegetables Fresh fruit
19 CLOSED FOR PRESIDENT'S DAY	20 Whole wheat Turk-a-roni* (V) White bean mushroom soup^ Grated cheese Southwest salad Fresh fruit	21 (V) Whole grain pizza* Garden salad Fresh fruit	22 Chicken nuggets (V) Veggie nuggets^ Potato soup Whole wheat bread/butter* Fresh fruit	23 (V) Beans & Brown rice^ Tossed salad Tortilla* Fresh fruit
26 Chicken Alfredo with tri-color pasta (V) Tri-color pasta alfredo Salad Fresh fruit	27 (V) Broccoli Quiche Peas Whole wheat bread/butter* Fresh fruit	28 Spaghetti & meat sauce* (V) Spaghetti & tomato sauce w/ soy #^ Grated cheese Spinach salad Fresh fruit	29 Chicken leg w/ buttermilk gravy (V) Picadillo^ Zucchini & yellow squash Whole wheat bread/butter * Fresh fruit	

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March 2024 – 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 Turkey taco w/whole wheat Tortilla* (V) Beans & brown rice burrito*^ Corn Grated cheese Fresh fruit
4 Power veggie beef & chicken stew (V) Black bean tortilla soup^ Spinach salad Whole wheat bread/butter* Fresh fruit	5 Bean, corn, & chicken quesadilla (V) Bean, corn & cheese quesadilla With whole wheat tortilla * Green Beans Fresh fruit	6 Dirty brown rice with beef* (V) Dirty brown rice^ Apple coleslaw 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 Chicken chili (V) Veg out chili^ Broccoli & cheese salad Whole wheat bread/butter* Fresh fruit	13 Hamburger slider (V) Black bean burger #^ Bean medley Whole wheat roll* 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 Whole wheat roll* Fresh fruit	19 (V) Whole grain cheese melt * Tomato alphabet soup Fresh fruit	20 Shepherd's Pie (V) Chickpea curry with potatoes^ Pineapple/mango coleslaw Whole wheat bread/butter* Fresh fruit	21 Maryland-style chicken (V) Broccoli & cheddar quinoa w/brown rice * Sugar snaps & carrots Whole wheat bread/butter* Fresh fruit	22 (V) Whole wheat macaroni & cheese* Mixed vegetables Fresh fruit
25 Whole wheat Turk-a-roni* (V) White bean mushroom soup^ Grated cheese Southwest salad Fresh fruit	26 (V) Whole grain pizza* Garden salad Fresh fruit	27 Chicken patty Tuscan bean and garlic soup (V) Veggie nuggets^ Whole wheat bread/butter* Fresh fruit	28 (V) Beans & Brown rice^ Tossed salad Tortilla* Fresh fruit	29 (V) Spinach manicotti Winter blend vegetables Whole wheat bread/butter* Fresh fruit

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^Vegan



April 2024 – Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
1 Chicken Alfredo with tri-color pasta (V) Tri-color pasta alfredo Salad Fresh fruit	2 (V) Quiche Peas Whole wheat bread/butter* Fresh fruit	3 Spaghetti & meat sauce* (V) Spaghetti & tomato sauce w/ soy #^ Grated cheese Spinach salad Fresh fruit	4 Chicken leg w/ buttermilk gravy (V) Picadillo^ Zucchini & yellow squash Whole wheat bread/butter * Fresh fruit	5 Turkey taco w/whole wheat Tortilla* (V) Beans & brown rice burrito*^ Corn Grated cheese Fresh fruit
8 Power veggie beef & chicken stew (V) Black bean tortilla soup^ Spinach salad Whole wheat bread/butter* Fresh fruit	9 Bean, corn, & chicken quesadilla (V) Bean, corn & cheese quesadilla With whole wheat tortilla * Green Beans Fresh fruit	10 Dirty brown rice with beef* (V) Dirty brown rice^ Apple coleslaw Fresh fruit	11 Turkey meatloaf (V) French lentils w/ thyme^ Mashed sweet potatoes Whole wheat bread/butter* Fresh fruit	12 (V) Lasagna Tossed salad Fresh fruit
15 Whole wheat ziti with chicken * (V) Lentil penne & tomato sauce w/ soy *#^ Grated cheese Tossed salad Fresh fruit	16 Chicken chili (V) Veg out chili^ Broccoli & cheese salad Whole wheat bread/butter* Fresh fruit	17 Hamburger slider (V) Black bean burger #^ Bean medley Whole wheat roll* Fresh fruit	18 (V) Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit	19 BBQ chicken leg (V) Mushroom stroganoff ^ California blend vegetables Whole wheat bread/butter* Fresh fruit
22 Turkey sloppy joe (V) Vegetarian sloppy joe ^ Corn & edamame Whole wheat roll* Fresh fruit	23 (V) Whole grain cheese melt * Tomato alphabet soup Fresh fruit	24 Shepherd's Pie (V) Chickpea curry with potatoes^ Pineapple/mango coleslaw Whole wheat bread/butter* Fresh fruit	25 Maryland-style chicken (V) Broccoli & cheddar quinoa w/brown rice * Sugar snaps & carrots Whole wheat bread/butter* Fresh fruit	26 (V) Whole wheat macaroni & cheese* Mixed vegetables Fresh fruit
29 Whole wheat Turk-a-roni* (V) White bean mushroom soup^ Grated cheese Southwest salad Fresh fruit	30 (V) Whole grain pizza* Garden 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>

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 ^Vegan



May 2024 – 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 Chicken nuggets (V) Veggie nuggets^ Potato soup Whole wheat bread/butter* Fresh fruit	2 (V) Beans & Brown rice^ Tossed salad Tortilla* Fresh fruit	3 (V) Spinach manicotti Winter blend vegetables Whole wheat bread/butter* Fresh fruit
6 Chicken Alfredo with tri-color pasta (V) Tri-color pasta alfredo Salad Fresh fruit	7 (V) Broccoli Quiche Peas Whole wheat bread/butter* Fresh fruit	8 Spaghetti & meat sauce* (V) Spaghetti & tomato sauce w/ soy #^ Grated cheese Spinach salad Fresh fruit	9 Chicken leg w/ buttermilk gravy (V) Picadillo^ Zucchini & yellow squash Whole wheat bread/butter * Fresh fruit	10 Turkey taco w/whole wheat Tortilla* (V) Beans & brown rice burrito*^ Corn Grated cheese Fresh fruit
13 Power veggie beef & chicken stew (V) Black bean tortilla soup^ Spinach salad Whole wheat bread/butter* Fresh fruit	14 Bean, corn, & chicken quesadilla (V) Bean, corn & cheese quesadilla With whole wheat tortilla * Green Beans Fresh fruit	15 Dirty brown rice with beef* (V) Dirty brown rice^ Apple coleslaw 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 Whole wheat ziti with chicken * (V) Lentil penne & tomato sauce w/ soy *#^ Grated cheese Tossed salad Fresh fruit	21 Chicken chili (V) Veg out chili^ Broccoli & cheese salad Whole wheat bread/butter* Fresh fruit	22 Hamburger slider (V) Black bean burger #^ Bean medley Whole wheat roll* 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 CLOSED FOR MEMORIAL DAY	28 Turkey sloppy joe (V) Vegetarian sloppy joe ^ Corn & edamame Whole wheat roll* Fresh fruit	29 (V) Whole grain cheese melt * Tomato alphabet soup Fresh fruit	30 Maryland-style chicken (V) Broccoli & cheddar quinoa w/brown rice * Sugar snaps & carrots Whole wheat bread/butter* Fresh fruit	31 (V) Whole wheat macaroni & cheese* Mixed vegetables Fresh fruit

(V) Vegetarian meal
#Gluten free

*Whole grain
^Vegan



June 2024 – Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
3 Whole wheat Turk-a-roni* (V) White bean mushroom soup^ Grated cheese Southwest salad Fresh fruit	4 (V) Whole grain pizza* Garden salad Fresh fruit	5 Chicken patty Tuscan bean and garlic soup (V) Veggie nuggets^ Whole wheat bread/butter* Fresh fruit	6 (V) Beans & Brown rice^ Tossed salad Tortilla* 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) Quiche Peas Whole wheat bread/butter* Fresh fruit	12 Spaghetti & meat sauce* (V) Spaghetti & tomato sauce w/ soy #^ Grated cheese Spinach salad Fresh fruit	13 Chicken leg w/ buttermilk gravy (V) Picadillo^ Zucchini & yellow squash Whole wheat bread/butter * Fresh fruit	14 Turkey taco w/whole wheat Tortilla* (V) Beans & brown rice burrito*^ Corn Grated cheese Fresh fruit
17 Power veggie beef & chicken stew (V) Black bean tortilla soup^ Spinach salad Whole wheat bread/butter* Fresh fruit	18 Bean, corn, & chicken quesadilla (V) Bean, corn & cheese quesadilla With whole wheat tortilla * Green Beans Fresh fruit	19 Dirty brown rice with beef* (V) Dirty brown rice^ Apple coleslaw 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 Chicken chili (V) Veg out chili^ Broccoli & cheese salad Whole wheat bread/butter* Fresh fruit	26 Hamburger slider (V) Black bean burger #^ Bean medley Whole wheat roll* 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



July 2024 – Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
1 Turkey sloppy joe (V) Vegetarian sloppy joe ^ Corn & edamame Whole wheat roll* Fresh fruit	2 (V) Whole grain cheese melt * Tomato alphabet soup Fresh fruit	3 Maryland-style chicken (V) Broccoli & cheddar quinoa w/brown rice * Sugar snaps & carrots Whole wheat bread/butter* Fresh fruit	4 CLOSED FOR INDEPENDENCE DAY	5 (V) Whole wheat macaroni & cheese* Mixed vegetables Fresh fruit
8 Whole wheat Turk-a-roni* (V) White bean mushroom soup^ Grated cheese Southwest salad Fresh fruit	9 (V) Whole grain pizza* Garden salad Fresh fruit	10 Chicken nuggets (V) Veggie nuggets^ Potato soup Whole wheat bread/butter* Fresh fruit	11 (V) Beans & Brown rice^ Tossed salad Tortilla* Fresh fruit	12 (V) Spinach manicotti Winter blend vegetables Whole wheat bread/butter* Fresh fruit
15 Chicken Alfredo with tri-color pasta (V) Tri-color pasta alfredo Salad Fresh fruit	16 (V) Broccoli Quiche Peas Whole wheat bread/butter* Fresh fruit	17 Spaghetti & meat sauce* (V) Spaghetti & tomato sauce w/ soy #^ Grated cheese Spinach salad Fresh fruit	18 Chicken leg w/ buttermilk gravy (V) Picadillo^ Zucchini & yellow squash Whole wheat bread/butter * Fresh fruit	19 Turkey taco w/whole wheat Tortilla* (V) Beans & brown rice burrito*^ Corn Grated cheese Fresh fruit
22 Power veggie beef & chicken stew (V) Black bean tortilla soup^ Spinach salad Whole wheat bread/butter* Fresh fruit	23 Bean, corn, & chicken quesadilla (V) Bean, corn & cheese quesadilla With whole wheat tortilla * Green Beans Fresh fruit	24 Dirty brown rice with beef* (V) Dirty brown rice^ Apple coleslaw Fresh fruit	25 Turkey meatloaf (V) French lentils w/ thyme^ Mashed sweet potatoes Whole wheat bread/butter* Fresh fruit	26 (V) Lasagna Tossed salad Fresh fruit
29 Whole wheat ziti with chicken * (V) Lentil penne & tomato sauce w/ soy *#^ Grated cheese Tossed salad Fresh fruit	30 Chicken chili (V) Veg out chili^ Broccoli & cheese salad Whole wheat bread/butter* Fresh fruit	31 Hamburger slider (V) Black bean burger #^ Bean medley Whole wheat roll* 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



August 2024 – 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) Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit	2 BBQ chicken leg (V) Mushroom stroganoff ^ California blend vegetables Whole wheat bread/butter* Fresh fruit
5 Turkey sloppy joe (V) Vegetarian sloppy joe ^ Corn & edamame Whole wheat roll* Fresh fruit	6 (V) Whole grain cheese melt * Tomato alphabet soup Fresh fruit	7 Shepherd's Pie (V) Chickpea curry with potatoes^ Pineapple/mango coleslaw Whole wheat bread/butter* Fresh fruit	8 Maryland-style chicken (V) Broccoli & cheddar quinoa w/brown rice * Sugar snaps & carrots Whole wheat bread/butter* Fresh fruit	9 (V) Whole wheat macaroni & cheese* Mixed vegetables Fresh fruit
12 Whole wheat Turk-a-roni* (V) White bean mushroom soup^ Grated cheese Southwest salad Fresh fruit	13 (V) Whole grain pizza* Garden salad Fresh fruit	14 Chicken patty Tuscan bean and garlic soup (V) Veggie nuggets^ Whole wheat bread/butter* Fresh fruit	15 (V) Beans & Brown rice^ Tossed salad Tortilla* Fresh fruit	16 (V) Spinach manicotti Winter blend vegetables Whole wheat bread/butter* Fresh fruit
19 Chicken Alfredo with tri-color pasta (V) Tri-color pasta alfredo Salad Fresh fruit	20 (V) Quiche Peas Whole wheat bread/butter* Fresh fruit	21 Spaghetti & meat sauce* (V) Spaghetti & tomato sauce w/ soy #^ Grated cheese Spinach salad Fresh fruit	22 Chicken leg w/ buttermilk gravy (V) Picadillo^ Zucchini & yellow squash Whole wheat bread/butter * Fresh fruit	23 Turkey taco w/whole wheat Tortilla* (V) Beans & brown rice burrito*^ Corn Grated cheese Fresh fruit
26 Power veggie beef & chicken stew (V) Black bean tortilla soup^ Spinach salad Whole wheat bread/butter* Fresh fruit	27 Bean, corn, & chicken quesadilla (V) Bean, corn & cheese quesadilla With whole wheat tortilla * Green Beans Fresh fruit	28 Dirty brown rice with beef* (V) Dirty brown rice^ Apple coleslaw Fresh fruit	29 Turkey meatloaf (V) French lentils w/ thyme^ Mashed sweet potatoes Whole wheat bread/butter* Fresh fruit	30 (V) Lasagna Tossed salad Fresh fruit

(V) Vegetarian meal
#Gluten free

*Whole grain
^Vegan