



October 2022 – Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
3 Whole wheat ziti with chicken * (V) Lentil penne & tomato sauce w/ soy *#^ Grated cheese Tossed salad Fresh fruit	4 Chicken chili (V) Veg out chili^ Broccoli & cheese salad Whole wheat bread/butter* Fresh fruit	5 (V) Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit	6 Hamburger slider (V) Black bean burger #^ Bean medley *Whole wheat roll Fresh fruit	7 BBQ chicken leg (V) Mushroom stroganoff ^ California blend vegetables *Whole wheat bread/butter Fresh fruit
10 SCHOOL CLOSED Indigenous Peoples Day	11 (V) Whole grain cheese melt * Tomato alphabet soup Fresh fruit	12 Shepherd's Pie (V) Chickpea curry with potatoes^ Pineapple/mango coleslaw *Whole wheat bread/butter Fresh fruit	13 Maryland-style chicken (V) Broccoli & cheddar quinoa w/brown rice * Sugar snaps & carrots *Whole wheat bread/butter Fresh fruit	14 (V) Whole wheat macaroni & cheese* Mixed vegetables Fresh fruit
17 Whole wheat Turk-a-roni* (V) White bean mushroom soup^ Grated cheese Southwest salad Fresh fruit	18 Domino's Pizza Mixed vegetables Fresh fruit	19 Chicken Patty (V) Veggie nuggets Tuscan bean and garlic soup Whole wheat bread/butter* Fresh fruit	20 (V) Spinach manicotti Winter blend vegetables Whole wheat bread/butter* Fresh fruit	21 (V) Beans & Brown rice^ Tossed salad Tortilla* Fresh fruit
24 Chicken Alfredo with tri-color pasta (V) Tri-color pasta alfredo Salad Fresh fruit	25 (V) Broccoli Quiche Peas Whole wheat bread/butter* Fresh fruit	26 Spaghetti & meat sauce* (V) Spaghetti & tomato sauce w/ soy #^ Grated cheese Spinach salad Fresh fruit	27 Chicken leg w/ buttermilk gravy (V) Picadillo^ Zucchini & yellow squash Whole wheat bread/butter * Fresh fruit	28 Turkey taco w/whole wheat Tortilla* (V) Beans & brown rice burrito*^ Corn Grated cheese Fresh fruit
31 Power veggie beef & chicken stew (V) Black bean tortilla soup^ Spinach salad 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



November 2022 – Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Turkey meatloaf (V) French lentils w/ thyme^ Mashed sweet potatoes Whole wheat bread/butter* Fresh fruit	2 Dirty brown rice with beef* (V) Dirty brown rice^ Apple coleslaw Fresh fruit	3 Bean, corn, & chicken quesadilla (V) Bean, corn & cheese quesadilla With whole wheat tortilla * Green Beans 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 Chicken chili (V) Veg out chili^ Broccoli & cheese salad Whole wheat bread/butter* Fresh fruit	9 (V) Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit	10 Hamburger slider (V) Black bean burger #^ Bean medley *Whole wheat roll Fresh fruit	11 SCHOOL CLOSED Veterans Day
14 Turkey sloppy joe (V) Vegetarian sloppy joe ^ Corn & edamame *Whole wheat roll Fresh fruit	15 (V) Whole grain cheese melt * Tomato alphabet soup Fresh fruit	16 Shepherd's Pie (V) Chickpea curry with potatoes^ Pineapple/mango coleslaw *Whole wheat bread/butter Fresh fruit	17 Maryland-style chicken (V) Broccoli & cheddar quinoa w/brown rice * Sugar snaps & carrots *Whole wheat bread/butter Fresh fruit	18 THANKSGIVING LUNCH Sliced turkey & gravy Sweet potatoes Cranberry relish Whole wheat bread/butter Fresh fruit
21 Whole wheat Turk-a-roni* (V) White bean mushroom soup^ Grated cheese Southwest salad Fresh fruit	22 Domino's Pizza Mixed vegetables Fresh fruit	23 (V) Beans & Brown rice^ Tossed salad Tortilla* Fresh fruit	24 CLOSED FOR THANKSGIVING	25 CLOSED FOR THANKSGIVING
28 Chicken Alfredo with tri-color pasta (V) Tri-color pasta alfredo Salad Fresh fruit	29 (V) Quiche Peas Whole wheat bread/butter* Fresh fruit	30 Spaghetti & meat sauce* (V) Spaghetti & tomato sauce w/ soy #^ Grated cheese Spinach 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



December 2022 – 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 leg w/ buttermilk gravy (V) Picadillo^ Zucchini & yellow squash Whole wheat bread/butter * Fresh fruit	2 Turkey taco w/whole wheat Tortilla* (V) Beans & brown rice burrito*^ Corn Grated cheese Fresh fruit
5 Power veggie beef & chicken stew (V) Black bean tortilla soup^ Spinach salad Whole wheat bread/butter* Fresh fruit	6 Turkey meatloaf (V) French lentils w/ thyme^ Mashed sweet potatoes Whole wheat bread/butter* Fresh fruit	7 Dirty brown rice with beef* (V) Dirty brown rice^ Apple coleslaw Fresh fruit	8 Bean, corn, & chicken quesadilla (V) Bean, corn & cheese quesadilla With whole wheat tortilla * Green Beans Fresh fruit	9 (V) Lasagna Tossed salad Fresh fruit
12 Whole wheat ziti with chicken * (V) Lentil penne & tomato sauce w/ soy *#^ Grated cheese Tossed salad Fresh fruit	13 Domino's Pizza Mixed vegetables Fresh fruit	14 (V) Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit	15 Hamburger slider (V) Black bean burger #^ Bean medley *Whole wheat roll Fresh fruit	16 BBQ chicken leg (V) Mushroom stroganoff ^ California blend vegetables *Whole wheat bread/butter Fresh fruit
19 Turkey sloppy joe (V) Vegetarian sloppy joe ^ Corn & edamame *Whole wheat roll Fresh fruit	20 (V) Whole grain cheese melt * Tomato alphabet soup Fresh fruit	21 Shepherd's Pie (V) Chickpea curry with potatoes^ Pineapple/mango coleslaw *Whole wheat bread/butter Fresh fruit	22 Maryland-style chicken (V) Broccoli & cheddar quinoa w/brown rice * Sugar snaps & carrots *Whole wheat bread/butter Fresh fruit	23 (V) Whole wheat macaroni & cheese* Mixed vegetables Fresh fruit
26 SCHOOL CLOSED Holiday Break	27 SCHOOL CLOSED Holiday Break	28 SCHOOL CLOSED Holiday Break	29 SCHOOL CLOSED Holiday Break	30 SCHOOL CLOSED Holiday Break

(V) Vegetarian meal
#Gluten free

*Whole grain
^Vegan



January 2023 – Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
2 SCHOOL CLOSED Holiday Break	3 Chicken Alfredo with tri-color pasta (V) Tri-color pasta alfredo Salad Fresh fruit	4 Spaghetti & meat sauce* (V) Spaghetti & tomato sauce w/ soy #^ Grated cheese Spinach salad Fresh fruit	5 Chicken leg w/ buttermilk gravy (V) Picadillo^ Zucchini & yellow squash Whole wheat bread/butter * Fresh fruit	6 Turkey taco w/whole wheat Tortilla* (V) Beans & brown rice burrito*^ Corn Grated cheese Fresh fruit
9 Power veggie beef & chicken stew (V) Black bean tortilla soup^ Spinach salad Whole wheat bread/butter* Fresh fruit	10 Turkey meatloaf (V) French lentils w/ thyme^ Mashed sweet potatoes Whole wheat bread/butter* Fresh fruit	11 Dirty brown rice with beef* (V) Dirty brown rice^ Apple coleslaw Fresh fruit	12 Bean, corn, & chicken quesadilla (V) Bean, corn & cheese quesadilla With whole wheat tortilla * Green Beans Fresh fruit	13 (V) Lasagna Tossed salad Fresh fruit
16 SCHOOL CLOSED MLK Jr Day	17 Whole wheat ziti with chicken * (V) Lentil penne & tomato sauce w/ soy *#^ Grated cheese Tossed salad Fresh fruit	18 Chicken chili (V) Veg out chili^ Broccoli & cheese salad 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 *Whole wheat roll Fresh fruit	24 (V) Whole grain cheese melt * Tomato alphabet soup Fresh fruit	25 Shepherd's Pie (V) Chickpea curry with potatoes^ Pineapple/mango coleslaw *Whole wheat bread/butter 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 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 Domino's Pizza Mixed vegetables 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 2023 – Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Chicken Patty (V) Veggie nuggets Tuscan bean and garlic soup Whole wheat bread/butter* Fresh fruit	2 (V) Spinach manicotti Winter blend vegetables Whole wheat bread/butter* Fresh fruit	3 (V) Beans & Brown rice^ Tossed salad Tortilla* 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 Turkey meatloaf (V) French lentils w/ thyme^ Mashed sweet potatoes Whole wheat bread/butter* Fresh fruit	15 Dirty brown rice with beef* (V) Dirty brown rice^ Apple coleslaw Fresh fruit	16 Bean, corn, & chicken quesadilla (V) Bean, corn & cheese quesadilla With whole wheat tortilla * Green Beans Fresh fruit	17 (V) Lasagna Tossed salad Fresh fruit
20 SCHOOL CLOSED PRESIDENT'S DAY	21 Whole wheat ziti with chicken * (V) Lentil penne & tomato sauce w/ soy *#^ Grated cheese Tossed salad Fresh fruit	22 Chicken chili (V) Veg out chili^ Broccoli & cheese salad Whole wheat bread/butter* 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 *Whole wheat roll Fresh fruit	28 (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>

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March 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 Domino's Pizza Mixed vegetables Fresh fruit	8 Chicken Nuggets (V) Veggie nuggets Potato soup Whole wheat bread/butter* Fresh fruit	9 (V) Spinach manicotti Winter blend vegetables Whole wheat bread/butter* Fresh fruit	10 (V) Beans & Brown rice^ Tossed salad Tortilla* 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 Chicken leg w/ buttermilk gravy (V) Picadillo^ Zucchini & yellow squash Whole wheat bread/butter * Fresh fruit	17 Turkey taco w/whole wheat Tortilla* (V) Beans & brown rice burrito*^ Corn Grated cheese Fresh fruit
20 Power veggie beef & chicken stew (V) Black bean tortilla soup^ Spinach salad Whole wheat bread/butter* Fresh fruit	21 Turkey meatloaf (V) French lentils w/ thyme^ Mashed sweet potatoes Whole wheat bread/butter* Fresh fruit	22 Dirty brown rice with beef* (V) Dirty brown rice^ Apple coleslaw Fresh fruit	23 Bean, corn, & chicken quesadilla (V) Bean, corn & cheese quesadilla With whole wheat tortilla * Green Beans Fresh fruit	24 SCHOOL CLOSED Teacher Development Day
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 (V) Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit	30 Hamburger slider (V) Black bean burger #^ Bean medley *Whole wheat roll Fresh fruit	31 BBQ chicken leg (V) Mushroom stroganoff ^ California blend vegetables *Whole wheat bread/butter Fresh fruit

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^Vegan



April 2023 – Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
3 Turkey sloppy joe (V) Vegetarian sloppy joe ^ Corn & edamame *Whole wheat roll Fresh fruit	4 (V) Whole grain cheese melt * Tomato alphabet soup Fresh fruit	5 Shepherd's Pie (V) Chickpea curry with potatoes^ Pineapple/mango coleslaw *Whole wheat bread/butter Fresh fruit	6 Maryland-style chicken (V) Broccoli & cheddar quinoa w/brown rice * Sugar snaps & carrots *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 Domino's Pizza Mixed vegetables Fresh fruit	12 Chicken Patty (V) Veggie nuggets Tuscan bean and garlic soup Whole wheat bread/butter* Fresh fruit	13 (V) Spinach manicotti Winter blend vegetables Whole wheat bread/butter* Fresh fruit	14 (V) Beans & Brown rice^ Tossed salad Tortilla* Fresh fruit
17 SCHOOL CLOSED – Emancipation Day	18 (V) Broccoli Quiche Peas Whole wheat bread/butter* Fresh fruit	19 Spaghetti & meat sauce* (V) Spaghetti & tomato sauce w/ soy #^ Grated cheese Spinach salad Fresh fruit	20 Chicken leg w/ buttermilk gravy (V) Picadillo^ Zucchini & yellow squash Whole wheat bread/butter * Fresh fruit	21 Turkey taco w/whole wheat Tortilla* (V) Beans & brown rice burrito*^ Corn Grated cheese Fresh fruit
24 Power veggie beef & chicken stew (V) Black bean tortilla soup^ Spinach salad Whole wheat bread/butter* Fresh fruit	25 Turkey meatloaf (V) French lentils w/ thyme^ Mashed sweet potatoes Whole wheat bread/butter* Fresh fruit	26 Dirty brown rice with beef* (V) Dirty brown rice^ Apple coleslaw Fresh fruit	27 Bean, corn, & chicken quesadilla (V) Bean, corn & cheese quesadilla With whole wheat tortilla * Green Beans Fresh fruit	28 (V) Lasagna 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>

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 ^Vegan



May 2023 – Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
1 Whole wheat ziti with chicken * (V) Lentil penne & tomato sauce w/ soy *#^ Grated cheese Tossed salad Fresh fruit	2 Chicken chili (V) Veg out chili^ Broccoli & cheese salad Whole wheat bread/butter* Fresh fruit	3 (V) Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit	4 Hamburger slider (V) Black bean burger #^ Bean medley *Whole wheat roll 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 Whole wheat Turk-a-roni* (V) White bean mushroom soup^ Grated cheese Southwest salad Fresh fruit	16 Domino's Pizza Mixed vegetables Fresh fruit	17 Chicken Nuggets (V) Veggie nuggets Potato soup Whole wheat bread/butter* Fresh fruit	18 (V) Spinach manicotti Winter blend vegetables 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 SCHOOL CLOSED MEMORIAL DAY	30 Power veggie beef & chicken stew (V) Black bean tortilla soup^ Spinach salad Whole wheat bread/butter* Fresh fruit	31 Turkey meatloaf (V) French lentils w/ thyme^ Mashed sweet potatoes 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>				

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June 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 Dirty brown rice with beef* (V) Dirty brown rice^ Apple coleslaw 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 (V) Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit	8 Hamburger slider (V) Black bean burger #^ Bean medley *Whole wheat roll 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 SCHOOL CLOSED – Juneteenth	20 Domino's Pizza Mixed vegetables Fresh fruit	21 Chicken Patty (V) Veggie nuggets Tuscan bean and garlic soup Whole wheat bread/butter* Fresh fruit	22 (V) Spinach manicotti Winter blend vegetables 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	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



July 2023 – Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
3 Power veggie beef & chicken stew (V) Black bean tortilla soup^ Spinach salad Whole wheat bread/butter* Fresh fruit	4 CLOSED FOR INDEPENDENCE DAY	5 Turkey meatloaf (V) French lentils w/ thyme^ Mashed sweet potatoes Whole wheat bread/butter* Fresh fruit	6 Dirty brown rice with beef* (V) Dirty brown rice^ Apple coleslaw Fresh fruit	7 (V) Lasagna Tossed salad Fresh fruit
10 Whole wheat ziti with chicken * (V) Lentil penne & tomato sauce w/ soy *#^ Grated cheese Tossed salad Fresh fruit	11 Chicken chili (V) Veg out chili^ Broccoli & cheese salad Whole wheat bread/butter* Fresh fruit	12 (V) Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit	13 Hamburger slider (V) Black bean burger #^ Bean medley *Whole wheat roll Fresh fruit	14 BBQ chicken leg (V) Mushroom stroganoff ^ California blend vegetables *Whole wheat bread/butter Fresh fruit
17 Turkey sloppy joe (V) Vegetarian sloppy joe ^ Corn & edamame *Whole wheat roll Fresh fruit	18 (V) Whole grain cheese melt * Tomato alphabet soup Fresh fruit	19 Shepherd's Pie (V) Chickpea curry with potatoes^ Pineapple/mango coleslaw *Whole wheat bread/butter Fresh fruit	20 Maryland-style chicken (V) Broccoli & cheddar quinoa w/brown rice * Sugar snaps & carrots *Whole wheat bread/butter Fresh fruit	21 (V) Whole wheat macaroni & cheese* Mixed vegetables Fresh fruit
24 Whole wheat Turk-a-roni* (V) White bean mushroom soup^ Grated cheese Southwest salad Fresh fruit	25 Domino's Pizza Mixed vegetables Fresh fruit	26 Chicken Nuggets (V) Veggie nuggets Potato soup Whole wheat bread/butter* Fresh fruit	27 (V) Spinach manicotti Winter blend vegetables Whole wheat bread/butter* Fresh fruit	28 (V) Beans & Brown rice^ Tossed salad Tortilla* Fresh fruit
31 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

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 ^Vegan



August 2023 – Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
<i>Age-appropriate milk must be served with lunch</i>	1 (V) Quiche Peas Whole wheat bread/butter* Fresh fruit	2 Spaghetti & meat sauce* (V) Spaghetti & tomato sauce w/ soy #^ Grated cheese Spinach salad Fresh fruit	3 Chicken leg w/ buttermilk gravy (V) Picadillo^ Zucchini & yellow squash Whole wheat bread/butter * Fresh fruit	4 Turkey taco w/whole wheat Tortilla* (V) Beans & brown rice burrito*^ Corn Grated cheese Fresh fruit
7 Power veggie beef & chicken stew (V) Black bean tortilla soup^ Spinach salad Whole wheat bread/butter* Fresh fruit	8 Turkey meatloaf (V) French lentils w/ thyme^ Mashed sweet potatoes Whole wheat bread/butter* Fresh fruit	9 Dirty brown rice with beef* (V) Dirty brown rice^ Apple coleslaw Fresh fruit	10 Bean, corn, & chicken quesadilla (V) Bean, corn & cheese quesadilla With whole wheat tortilla * Green Beans Fresh fruit	11 (V) Lasagna Tossed salad Fresh fruit
14 Whole wheat ziti with chicken * (V) Lentil penne & tomato sauce w/ soy *#^ Grated cheese Tossed salad Fresh fruit	15 Chicken chili (V) Veg out chili^ Broccoli & cheese salad Whole wheat bread/butter* Fresh fruit	16 (V) Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit	17 Hamburger slider (V) Black bean burger #^ Bean medley *Whole wheat roll Fresh fruit	18 BBQ chicken leg (V) Mushroom stroganoff ^ California blend vegetables *Whole wheat bread/butter Fresh fruit
21 Turkey sloppy joe (V) Vegetarian sloppy joe ^ Corn & edamame *Whole wheat roll Fresh fruit	22 (V) Whole grain cheese melt * Tomato alphabet soup Fresh fruit	23 Shepherd's Pie (V) Chickpea curry with potatoes^ Pineapple/mango coleslaw *Whole wheat bread/butter Fresh fruit	24 Maryland-style chicken (V) Broccoli & cheddar quinoa w/brown rice * Sugar snaps & carrots *Whole wheat bread/butter Fresh fruit	25 SCHOOL CLOSED Teacher Training Day
28 Whole wheat Turk-a-roni* (V) White bean mushroom soup^ Grated cheese Southwest salad Fresh fruit	29 Domino's Pizza Mixed vegetables Fresh fruit	30 Chicken Patty (V) Veggie nuggets Tuscan bean and garlic soup Whole wheat bread/butter* Fresh fruit	31 (V) Spinach manicotti Winter blend vegetables 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



September 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 (V) Beans & Brown rice^ Tossed salad Tortilla* Fresh fruit
4 SCHOOL CLOSED LABOR DAY	5 Chicken Alfredo with tri-color pasta (V) Tri-color pasta alfredo Salad Fresh fruit	6 Spaghetti & meat sauce* (V) Spaghetti & tomato sauce w/ soy #^ Grated cheese Spinach salad Fresh fruit	7 Chicken leg w/ buttermilk gravy (V) Picadillo^ Zucchini & yellow squash Whole wheat bread/butter * Fresh fruit	8 Turkey taco w/whole wheat Tortilla* (V) Beans & brown rice burrito*^ Corn Grated cheese Fresh fruit
11 Power veggie beef & chicken stew (V) Black bean tortilla soup^ Spinach salad Whole wheat bread/butter* Fresh fruit	12 Turkey meatloaf (V) French lentils w/ thyme^ Mashed sweet potatoes Whole wheat bread/butter* Fresh fruit	13 Dirty brown rice with beef* (V) Dirty brown rice^ Apple coleslaw Fresh fruit	14 Bean, corn, & chicken quesadilla (V) Bean, corn & cheese quesadilla With whole wheat tortilla * Green Beans 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 Chicken chili (V) Veg out chili^ Broccoli & cheese salad Whole wheat bread/butter* Fresh fruit	20 (V) Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit	21 Hamburger slider (V) Black bean burger #^ Bean medley *Whole wheat roll 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 *Whole wheat roll Fresh fruit	26 Domino's Pizza Mixed vegetables Fresh fruit	27 Shepherd's Pie (V) Chickpea curry with potatoes^ Pineapple/mango coleslaw *Whole wheat bread/butter Fresh fruit	28 Maryland-style chicken (V) Broccoli & cheddar quinoa w/brown rice * Sugar snaps & carrots *Whole wheat bread/butter Fresh fruit	29 (V) Whole wheat macaroni & cheese* Mixed vegetables Fresh fruit

(V) Vegetarian meal
#Gluten free

*Whole grain
^Vegan