

July 2018

Mon

Tue

Wed

Thu

Fri

2	3		5	6
#*Macaroni and Cheese with Cheddar and Parmesan Cheese, Steamed Vegetable. Milk. Fresh Fruit. Veg-Same	“Fish and Chips” X*#^Hush Puppy Breaded Pollock w/ French Fries. Baby Carrots & Ranch. Fresh Fruit. Milk. Veg- Veg Nuggets		#Chili Mac. Elbow Macaroni, Tomato Bean Turkey Chili. Steamed Vegetables. Fresh Fruit. Milk. Veg- Meatless	*^#Potato and Cheddar Pierogis. Served with Steamed Vegetables, Fresh Fruit and Milk. Veg - Same
9 Beef Burgers, #WG Bun, Steamed Vegetable. Fresh Fruit Milk. Veg- #*^Veggie Burge	10 #*Bowtie Pasta Alfredo, Steamed Vegetable. Milk. Fresh Fruit. Veg-Same	11 Stir Fry Chicken Teriyaki With Steamed Basmati Rice, Fresh Veggies, *^Ranch Dip, Milk., Fresh Fruit. Veg- Meatless	12 #Grilled Cheese Sandwich,, Tomato Soup Spinach Salad, Raspberry Dressing, Fresh Fruit, Milk. Veg-Same	13 #Pasta w/ Turkey Meat Sauce, Parmesan Cheese, Steamed Veggies. Fresh Fruit. Milk. Veg- Meatless w/ Cheese
16 *^#Chicken Tenders, Steamed Vegetables, Fresh Fruit. Milk. Veg- Veggie Nuggets	17 #*Turkey & Cheese Melt. Roasted Turkey, American Cheese, Fresh Veg w/Ranch. Milk. Fresh Fruit. Veg- Meatless	18 #*Cheddar Cheese and Corn Quesadillas, Tomato Salsa, *Sour Cream, Black Beans. Fresh Fruit. Milk. Veg- Same	19 Jambalaya. Steamed Basmati Rice, Mild Cajun Sausage, Carrots. Steam Veg. Milk. Fruit. Veg – Meatless Sausage	20 #^Turkey Meatballs & Gravy, Steamed Basmati Rice, Fresh Veggies & Ranch Dressing. Fresh Fruit. Milk. Veg- Veggie Meatballs
23 #Chicken Nuggets with Sweet and Sour Sauce, Steamed Vegetable, Milk. Fresh Fruit. Veg-Veggie Nuggets	24 #Pasta and Turkey Meat Balls in Tomato Sauce, Parmesan cheese, Cucumbers and Ranch, Fresh Fruit. Milk. Veg- Veggie Meatballs	25 All Beef Hotdogs, Baked Beans, House Salad w/ Ranch, Fresh Fruit. Milk. Veg- Tofu Hotdog	26 #Baked Penne Pasta, Tomato sauce, Ricotta & Mozzarella Cheeses, Steamed Vegetable. Milk. Veg- Same. Fresh Fruit.	27 #Pulled Chicken Sliders w/BBQ Sauce Creamy Cole Slaw. Milk. Fresh Fruit. Veg #*Veggie Nuggets
30 Pasta Faggioli - Elbow Macaroni, Dark Kidney Beans, Sautéed Spinach, *Parmesan Cheese, Vegetables, Fresh fruit. Milk. Veg-Same	31 #“Breakfast for Lunch” French Toast, Maple Syrup, Turkey Sausage, Fresh Veggies with *^Ranch Dip. Fresh Fruit. Milk			Allergens: *CONTAINS MILK ^CONTAINS EGG *CONTAINS FISH # CONTAINS GLUTEN

- All lunches are served with Hormone Free low-fat milk. Infants and toddlers are served whole milk.

- Fresh seasonal or chilled fruit and vegetables are included with every meal.

- This menu does not contain peanuts or peanut products.

- We strive to provide meats that are hormone and antibiotic free.