



July 2021 – Lunch & Vegetarian Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Age-appropriate milk must be served with lunch</p>	<p>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</p>		<p>1 Bean, corn, & chicken quesadilla (V) Bean, corn & cheese quesadilla With whole wheat tortilla * Green Beans Fresh fruit</p>	<p>2 (V) Lasagna Tossed salad Fresh fruit</p>
<p>5 WMG CLOSED FOR INDEPENDENCE DAY</p>	<p>6 Whole wheat ziti with chicken * (V) Lentil penne & tomato sauce w/ soy **^ Grated cheese Tossed salad Fresh fruit</p>	<p>7 Chicken chili (V) Veg out chili^ Broccoli & cheese salad Whole wheat bread/butter* Fresh fruit</p>	<p>8 (V) Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit</p>	<p>9 Hamburger slider (V) Black bean burger #^ Bean medley *Whole wheat roll Fresh fruit</p>
<p>12 Turkey sloppy joe (V) Vegetarian sloppy joe ^ Corn & edamame *Whole wheat roll Fresh fruit</p>	<p>13 (V) Whole grain cheese melt * Tomato alphabet soup Fresh fruit</p>	<p>14 Shepherd's Pie (V) Chickpea curry with potatoes^ Pineapple/mango coleslaw *Whole wheat bread/butter Fresh fruit</p>	<p>15 Maryland-style chicken (V) Broccoli & cheddar quinoa w/brown rice * Sugar snaps & carrots *Whole wheat bread/butter Fresh fruit</p>	<p>16 (V) Whole wheat macaroni & cheese* Mixed vegetables Fresh fruit</p>
<p>19 Whole wheat Turk-a-roni* (V) White bean mushroom soup^ Grated cheese Southwest salad Fresh fruit</p>	<p>20 (V) Whole grain pizza* Garden salad Fresh fruit</p>	<p>21 Chicken nuggets (V) Veggie nuggets Potato soup Whole wheat bread/butter* Fresh fruit</p>	<p>22 (V) Spinach manicotti Winter blend vegetables Whole wheat bread/butter* Fresh fruit</p>	<p>23 (V) Beans & Brown rice^ Tossed salad Tortilla* Fresh fruit</p>
<p>26 Chicken Alfredo with tri-color pasta (V) Tri-color pasta alfredo Salad Fresh fruit</p>	<p>27 (V) Broccoli Quiche Peas Whole wheat bread/butter* Fresh fruit</p>	<p>28 Spaghetti & meat sauce* (V) Spaghetti & tomato sauce w/ soy #^ Grated cheese Spinach salad Fresh fruit</p>	<p>29 Chicken leg w/ buttermilk gravy (V) Picadillo^ Zucchini & yellow squash Whole wheat bread/butter * Fresh fruit</p>	<p>30 Turkey taco w/whole wheat Tortilla* (V) Beans & brown rice burrito* Corn Grated cheese Fresh fruit</p>

(V) Vegetarian meal

#Gluten free

***Whole grain**

^Vegan