

Wednesday, July 1

- Beef & Broccoli
- Bok Choy
- Brown Rice
- Honeydew Melon

Thursday, July 2

- BBQ Turkey Sandwich
- Roasted Brussels Sprouts
- Spring Mix Salad
- Whole Grain Bun

Friday, July 3

CLOSED FOR 4TH OF JULY

Monday, July 6

- Fish w/ Garlic Sauce
- Spinach
- Corn
- Quinoa Pilaf

Tuesday, July 7

- Carne Asada
- Refried beans
- Chayote w/ Onions
- Whole Grain Tortilla

Wednesday, June 8

- Sesame Chicken
- Parsnips
- Cantaloupe
- Whole Grain Noodles

Thursday, July 9

- Beef Meatloaf
- Veggie Medley
- Mashed Potatoes
- Pineapple & Papaya

Friday, July 10

- Chicken Pesto
- Carrots
- Broccoli Slaw
- Whole Grain Pasta

Monday, July 13

- Pepper Steak
- Green Beans & Mushrooms
- Bok Choy
- Kiwi

Tuesday, July 14

- Chicken Tinga
- Roasted Corn
- Brown Rice
- Cantaloupe

Wednesday, July 15

- White Fish
- Carrots
- Orange
- Quinoa

Thursday, July 16

- Chicken Chile Verde
- Yellow Squash
- Cabbage Slaw
- Spanish Brown Rice

Friday, July 17

- Beef w/Onions & Tomatoes
- Steamed Kale
- Roasted Potato
- Fruit

Monday, July 20

- Turkey Picadillo
- Pinto Beans
- Yellow Squash
- Orange

Tuesday, July 21

- Fish w/ Garlic Sauce
- Spinach
- Orange
- Quinoa

Wednesday, July 22

- Turkey Meatballs
- Sauteed Spinach
- Caesar Salad
- Whole Grain Pasta

Thursday, July 23

- Mediterranean Lentils
- Carrots
- Broccoli
- Whole Grain Pita Bread

Friday, July 24

- Cantonese BBQ
- Sauteed Water Chestnuts
- Garlic Bok Choy
- Whole Grain Spaghetti Lo Mein

Monday, July 27

- Roasted Glazed Chicken
- Herbed Carrots
- Cabbage Slaw
- Brown Rice

Tuesday, July 28

- Beef Stir Fry
- Broccoli
- Pineapple
- Whole Grain Lo Mein

Wednesday, July 29

- Baked Chicken
- Red Beans
- Baked Yam
- Fruit

Thursday, July 30

- Fish Almandine
- Herbed Spinach
- Corn
- Quinoa

Friday, July 31

- Harissa Chickpeas
- Roasted Eggplant
- Spring Mix Salad
- Honeydew Melon

- Menu subject to change
- \$3 suggested donation

