

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**

