



food2you

Nut-free facility
 Local and organic fresh
 fruits & vegetables
 Scratch cooking
food2youinc.com

Lunch Menu / Summer 2023

June / July / August

(V) = Vegetarian

WEEK 1

Monday

6/19, 7/17, 8/14

- Turkey Alla Gricia
- Whole Grain Penne
- Tofu Alla Gricia (V)
- Green & Yellow Beans
- Fresh Apples

Tuesday

6/20, 7/18, 8/15

- Chicken Tacos
- Whole Grain Tortillas*
- Salsa Veggie Crumbles (V)
- Peas & Carrots
- Fresh Bananas

Wednesday

6/21, 7/19, 8/16

- Chicken Sliders
- Whole Grain Rolls*
- Veggie Burger (V)
- Tomato Ketchup
- Broccoli & Cauliflower
- Fresh Cantaloupe

Thursday

6/22, 7/20, 8/17

- Whole Grain Rotini
- Roasted Tomato Sauce
- Diced Chicken
- Organic Tomato Tofu (V)
- 4 Veggie Blend
- Fresh Watermelon

Friday

6/23, 7/21, 8/18

- Whole Grain*
Garlic Bread Pizza
- Green Beans &
Diced Carrots
- Fresh Fruit Salad

WEEK 2

6/26, 7/24, 8/21

- Whole Grain
Mac and Cheese
- Broccoli & Cauliflower
- Fresh Apples

6/27, 7/25, 8/22

- Lemon-Herb Chicken
- White Rice
- Lemon Herb Tofu (V)
- Peas & Carrots
- Fresh Bananas

6/28, 7/26, 8/23

- Whole Grain Penne Pasta*
- Parmesan Cheese
- Green & Yellow Beans
- Fresh Honeydew

6/1, 6/29, 7/27, 8/24

- Whole Grain Chicken Bites*
- Tomato Ketchup
- Veggie Bites (V)
- 4 Veggie Blend
- Fresh Watermelon

6/2, 6/30, 7/28, 8/25

- Chicken "Vesuvio"
- Tofu "Vesuvio" (V)
- Whole Grain Rolls*
- Green Beans
& Diced Carrots
- Fresh Fruit Salad

WEEK 3

6/5, 7/3, 7/31, 8/28

- Whole Grain Cheese
Tortellini in Garlic
& Herb Oil
- Green & Yellow Beans
- Fresh Apples

6/6, 7/4, 8/1, 8/29

- Southwest Chicken
& White Rice Bowl*
- Organic Tofu (V)
- Peas & Carrots
- Fresh Bananas

6/7, 7/5, 8/2, 8/30

- Turkey Meatballs in Brown
Gravy (V)
- Tofu in Gravy
- Whole Grain Rolls*
- Broccoli & Cauliflower
- Fresh Cantaloupe

6/8, 7/6, 8/3, 8/31

- Chicken Fajitas
- Whole Grain Tortillas
- Tofu Verde (V)
- 4 Veggie Blend
- Fresh Watermelon

6/9, 7/7, 8/4

- Chicken Alfredo
- Whole Grain Rotini
- Tofu Alfredo (V)
- Green Beans
& Diced Carrots
- Fresh Fruit Salad

WEEK 4

6/12, 7/10, 8/7

- Whole Grain Bean & Cheese
Burrito Bowl
- Broccoli & Cauliflower
- Fresh Apples

6/13, 7/11, 8/8

- Whole Grain Chicken Bites
- Tomato Ketchup
- Veggie Bites (V)
- Green & Yellow Beans
- Fresh Bananas

6/14, 7/12, 8/9

- Whole Grain Rotini &
Herbs
- Parmesan Cheese
- Peas & Carrots
- Fresh Honeydew

6/15, 7/13, 8/10

- Stir-Fry Chicken &
White Rice*
- Asian Tofu (V)
- 4 Veggie Blend
- Fresh Watermelon

6/16, 7/14, 8/11

- Turkey Tetrazzini w/ Whole
Grain Penne
- Veggie Crumbles (V)
- Green Beans
& Diced Carrots
- Fresh Fruit Salad



food2you

Nut-free facility
 Local and organic fresh
 fruits & vegetables
 Scratch cooking
food2youinc.com

Allergy Menu / Summer 2023

June / July / August

Gluten, wheat, egg, dairy, soy, fish, peanut & tree nut free

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1	6/19, 7/17, 8/14	6/20, 7/18, 8/15	6/21, 7/19, 8/16	6/22, 7/20, 8/17	6/23, 7/21, 8/18
	<ul style="list-style-type: none"> Turkey Alla Gricia Corn Flour Pasta Green & Yellow Beans Fresh Apples 	<ul style="list-style-type: none"> Chicken Breast Corn Tortillas Vegan Cheese Peas & Carrots Fresh Bananas 	<ul style="list-style-type: none"> Corn Flour Pasta Diced Chicken Broccoli & Cauliflower Fresh Cantaloupe 	<ul style="list-style-type: none"> Roasted Chicken Corn Flour Noodles 4 Veggie Blend Fresh Watermelon 	<ul style="list-style-type: none"> Vegan Quesadillas Green Beans & Diced Carrots Fresh Fruit Salad
WEEK 2	6/26, 7/24, 8/21	6/27, 7/25, 8/22	6/28, 7/26, 8/23	6/1, 6/29, 7/27, 8/24	6/2, 6/30, 7/28, 8/25
	<ul style="list-style-type: none"> Vegan Mac & Cheese Corn Flour Pasta Broccoli & Cauliflower Fresh Apples 	<ul style="list-style-type: none"> Lemon-Herb Chicken w/ White Rice* Peas & Carrots Fresh Bananas 	<ul style="list-style-type: none"> Grilled Chicken White Rice Green & Yellow Beans Fresh Honeydew 	<ul style="list-style-type: none"> Chicken Breast Corn Flour Pasta 4 Veggie Blend Fresh Watermelon 	<ul style="list-style-type: none"> Chicken "Vesuvio" Corn Tortillas Green Beans & Diced Carrots Fresh Fruit Salad
WEEK 3	6/5, 7/3, 7/31, 8/28	6/6, 7/4, 8/1, 8/29	6/7, 7/5, 8/2, 8/30	6/8, 7/6, 8/3, 8/31	6/9, 7/7, 8/4
	<ul style="list-style-type: none"> Chicken in Red Sauce Corn Flour Noodles Green & Yellow Beans Fresh Apples 	<ul style="list-style-type: none"> Southwest Chicken White Rice Bowl* Peas & Carrots Fresh Bananas 	<ul style="list-style-type: none"> Chicken Red Sauce Corn Tortillas Broccoli & Cauliflower Fresh Cantaloupe 	<ul style="list-style-type: none"> Chicken Fajitas Corn Tortillas 4 Veggie Blend Fresh Watermelon 	<ul style="list-style-type: none"> Roasted Chicken Corn Flour Pasta Green Beans & Diced Carrots Fresh Fruit Salad
WEEK 4	6/12, 7/10, 8/7	6/13, 7/11, 8/8	6/14, 7/12, 8/9	6/15, 7/13, 8/10	6/16, 7/14, 8/11
	<ul style="list-style-type: none"> Vegetarian Burrito Bowl Corn Tortillas Broccoli & Cauliflower Fresh Apples 	<ul style="list-style-type: none"> Chicken Breast Corn Tortillas Green & Yellow Beans Fresh Bananas 	<ul style="list-style-type: none"> Grilled Chicken Corn Flour Pasta Peas & Carrots Fresh Honeydew 	<ul style="list-style-type: none"> Stir-Fry Chicken White Rice 4 Veggie Blend Fresh Watermelon 	<ul style="list-style-type: none"> Ground Turkey Corn Flour Pasta Green Beans & Diced Carrots Fresh Fruit Salad