



Summer Menu 2022



Each Lunch Includes: An Entrée, Fresh Fruit, Vegetable & Healthy Snack
Milk or Juice available for optional purchase

(V)=Vegetarian (GF)=Gluten Free (DF)=Dairy Free (E)=Contains Egg

Wks Served	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>June 13 – 17 June 27 – July 1 July 11 – 15 July 25 – 29 Aug 8 – 12</p>	<ul style="list-style-type: none"> - Beef Hot Dog (E) - Veggie Hot Dog (V, E) - Pesto Pasta (V) - Chicken Nuggets & Potato Spuds(DF) - GF Pasta W/ Butter & Parmesan (GF, V) - Chicken Cheddar Sandwich - Chicken Corn Dog (GF, E, DF) - Turkey and Havarti Sandwich - HERO Asian Salad (V, DF) 	<ul style="list-style-type: none"> - Angus Beef Cheese Burger - Angus Beef Hamburger - Veggie Cheese Burger (V) - Mac and Cheese (V) - Gluten Free Chicken Tenders & Potato Spuds (GF, DF) - French Toast, Eggs & Sausage(E) - Tofu Curry w/ Rice (GF, V) - Cheese, Salami & Cracker Box - HERO Greek Salad (V) 	<ul style="list-style-type: none"> - Pesto Pasta (V) - Mac and Cheese (V) - Chicken Corn Dog (GF, E, DF) - Chicken Curry w/ Rice (GF) - Fish Sticks & Potato Spuds - Black Bean & Cheese Burrito (V) - Chicken & Veggie Pasta Alfredo (E) - Sunbutter & Strawberry Jelly Sandwich (V, DF) - Southwest Salad (V, GF, E) 	<ul style="list-style-type: none"> - Spaghetti w/ Butter & Parmesan (V,O) - Orange Chicken & Rice (DF) - Cheese Quesadilla (V) - Gluten Free Chicken Tenders & Potato Spuds (GF, DF) - Chicken Fried Rice (GF, E) - Grilled Chicken Burrito Bowl (GF) - Beef & Macaroni Bake - Vegetarian Chicken Nuggets & Potato Spuds (V, DF) - Ham & Cheese Sliders (E) - HERO Strawberry Spinach Salad (V) 	<ul style="list-style-type: none"> - Cheese Pizza (V) - Pepperoni Pizza - Veggie 'Sausage' Pizza (V) - Mac and Cheese (V) - Chicken Nuggets & Potato Spuds(DF) - Gluten Free Chicken Tenders & Potato Spuds (GF, DF) - BBQ Pulled Pork Sandwich (E) - Veggie Fried Rice (GF, E, V) - Chicken Caesar Salad - HERO Southwest Salad (V, E)
<p>June 6 - 10 June 20 – 24 July 5 – 8* July 18 – July 22 Aug 1 – 5 Aug 15 - 19</p> <p>*Closed July 4th</p>	<ul style="list-style-type: none"> - Mac and Cheese (V) - Chicken Nuggets & Potato Spud (DF) - Gluten Free Chicken Tenders & Potato Spuds (GF, DF) - Chicken Taquitos with Spanish Rice - Pasta Marinara (DF, V) - Beef Hot Dog (E) - Veggie Hot Dog (V, E) - Butter Curry Tofu & Rice (GF,DF) - Chicken Parm Sandwich - Turkey & Cheddar Sliders - HERO Greek Salad (V) 	<ul style="list-style-type: none"> - Meatball Sandwich (E) - Teriyaki Tofu & Veggie Stir Fry Rice Bowl (V, DF) - Grilled Chicken Burrito Bowl (GF) - Cheese Tortellini & Marinara (E,V) - Sausage Breakfast Sandwich (E) - Pesto Pasta (V) - Butter Chicken & Rice (GF,DF) - Sunbutter & Strawberry Jelly Sandwich (V, DF) - HERO Southwest Salad (V, E) 	<ul style="list-style-type: none"> - Mac and Cheese (V) - Chicken Nuggets & Potato Spuds (DF) - Teriyaki Chicken & Organic Rice Bowl (DF) - Pasta with Broccoli, Butter and Parmesan (V) - Chicken Corn Dog (GF, E, DF) - Chicken & Rice Bake (GF) - Tofu Tikka Masala with Rice (V, GF, DF) - Bagel w/ Strawberry Cream Cheese (V) - HERO Strawberry Spinach Salad (V) 	<ul style="list-style-type: none"> - Pesto Pasta (V) - Angus Beef Cheese Burger - Angus Beef Hamburger - Veggie Cheese Burger (V) - Grilled Chicken Quesadilla - Gluten Free Chicken Tenders & Potato Spuds (GF, DF) - Chicken Tikka Masala with Rice (GF, DF) - Vegetarian Chicken Nuggets & Potato Spuds (V, DF) - Salami & Cheddar Sliders (E) - Southwest Salad (V, GF, E) 	<ul style="list-style-type: none"> - Cheese Pizza (V) - Pepperoni Pizza - Veggie 'Sausage' Pizza (V) - Oven Baked Ziti w/ Zucchini (V) - Chicken Nuggets & Potato Spuds(DF) - Chicken Corn Dog (GF, E, DF) - Gluten Free Chicken Quesadilla (GF) - Swedish Meatballs & Pasta (E) - Chicken Caesar Salad - HERO Asian Salad (V, DF)

Menu items are subject to change