

## **Week 1 – June 27<sup>th</sup> to June 30<sup>th</sup>**

**Salad bar with greens/side salad/carrot/celery stick/hummus/  
condiments/dressing and dessert**

### **Monday**

Spaghetti in butter, Meatballs, Spaghetti with Soy Crumble, Sweet Peppers in Tomato Sauce, Garlic Whole Wheat Bread, Caesar Salad, frozen yogurt tubes

### **Tuesday**

Breaded Chicken Burger on Whole Wheat Bun, Garden Vegetarian Burger, Baby Carrots, Potato Wedge Fries, Mixed Iceberg Salad, Vinaigrette Coleslaw Salad, Jell-O

### **Wednesday**

Beef Lasagna, Creamy Vegetarian Lasagna, Spinach Salad, Cucumber & Tomato Salad, Apple Slices

### **Thursday**

Cucumber & Tomato Salad, Caesar Salad, Cheese Deep Dish Pizza, Diced Home Fries, Mixed Vegetables, Rice Krispy Square

### **Friday**

Closed

## **Week 2 -July 4th to July 8th**

**Salad bar with greens/side salad/carrot/celery stick/hummus/  
condiments/dressing and dessert**

### **Monday**

Cheese Tortellini in butter, Tomato Sauce, Arugula Salad, Mixed Vegetable, Caesar Salad, Garlic Whole Wheat Bread, Frozen Yogurt Tubes

### **Tuesday**

Tomato & Cheddar Meatball Sub & Roasted Peppers, Zucchini, Onion and Soy Beef Sub on Whole Wheat Bun, Mixed Greens Salad, Pasta Salad, Mixed Vegetables, Jell-O

### **Wednesday**

Beef Tacos, Sweet Peppers, Onions and Soy Chicken Tacos, Tomato Mexican Brown Rice, Spinach Salad, Mixed Vegetables, Rice Krispy Squares

### **Thursday**

Cheese Deep Dish Pizza, steamed Vegetables, Diced Home Fries, Cucumber & Tomato Salad, Caesar Salad, Apple Slices

### **Friday**

Beef Burger on Whole Wheat Bun, Garden Vegetarian Burger on Whole Wheat Bun Mixed Greens, Vinaigrette Coleslaw salad, Pasta Salad, Cookies & Watermelon

## **Week 3 – July 11th to July 15th**

**Salad bar with greens/side salad/carrot/celery stick/hummus/  
condiments/dressing and dessert**

### **Monday**

Chicken Tenders (Plum Sauce), Meatless Tenders, Mixed Iceberg salad,  
Mixed Vegetable, Cucumber & Tomato Salad, Rice Krispy Squares

### **Tuesday**

Beef Lasagna, Creamy Vegetarian lasagna, Caesar salad, Jell-O

### **Wednesday**

BBQ Pulled Pork on Whole Wheat Bun, Cheesy Mac and Cheese Baby  
Carrots, Vinaigrette Coleslaw salad, Mixed Vegetables, Yogurt Tubes

### **Thursday**

Chicken Fajitas, Soy Chicken, Tofu and Sweet Pepper Fajitas with Mixed  
Greens Salad, Potato Salad, Apple Slices

### **Friday**

Breaded Chicken Burger, Garden Vegetarian Burger on Whole Wheat  
Bun, Mixed Greens, Vinaigrette Coleslaw salad, Pasta Salad, Cookies &  
Watermelon

## **Week 4 – July 18th to July 22nd**

**Salad bar with greens/side salad/carrot/celery stick/hummus/  
condiments/dressing and dessert**

**Monday**

Whole wheat Beef Penne Pasta & Pasta Primavera with Julienne Zucchini & Soy Crumble, Steamed Vegetables, Mixed Greens Salad, Rice Krispy Squares

**Tuesday**

Chicken Tenders (Plum Sauce), Meatless Tenders, with Mixed Greens Salad, Pasta Salad, Frozen Yogurt Tubes

**Wednesday**

Beef Tacos, Sweet Peppers, Onions and Soy Chicken Tacos, Tomato Mexican Brown Rice, Caesar Salad, Mixed Vegetables, Nacho Chips

**Thursday**

Meatball Sub/ Roasted Peppers, Zucchini, Onion and Soy Beef Sub, Arugula Salad, French Fries Vinaigrette Coleslaw salad, Jell-O

**Friday**

Scrambled Eggs, Sausage Patty, Diced Home Fries and Fresh Fruit Salad

**Week 5 – July 25th to July 29th**

**Salad bar with greens/side salad/carrot/celery stick/hummus/  
condiments/dressing and dessert**

**Monday**

Spaghetti with Meatballs, Spaghetti with Soy Crumble, Sweet Peppers & Tomato Sauce, Caesar Salad, Garlic whole wheat Bread, Frozen Yogurt Tubes

**Tuesday**

Chicken Pot Pie, Baby Carrots, Mac & cheese, Mixed Iceberg salad, Vinaigrette Coleslaw salad, Potato Wedge Fries, Jell-O

**Wednesday**

Beef lasagna, Creamy Vegetarian lasagna, Spinach Salad, Cucumber & Tomato Salad, Frozen Yogurt Tubes

**Thursday**

Cheese Deep Dish Pizza, steamed Vegetables, Diced Home Fries, Cucumber & Tomato Salad, Caesar Salad, Apple Slices

**Friday**

Beef Burger, Garden Vegetarian Burger on Whole Wheat Bun, Mixed Greens, Vinaigrette Coleslaw salad, Pasta Salad, Cookies & Watermelon

**Week 6 – August 2nd to August 5th**

**Salad bar with greens/side salad/carrot/celery stick/hummus/  
condiments/dressing and dessert**

**Monday**

Closed

**Tuesday**

Cheese Tortellini in butter, Tomato Sauce, Arugula Salad, Mixed Vegetable, Caesar Salad, Garlic Whole Wheat Bread, Frozen Yogurt Tubes

**Wednesday**

Meatball Sub/ Roasted Peppers, Zucchini, Onion, and Soy Chicken Sub, on Whole Wheat Bun, Mixed Greens Salad, Pasta Salad, Mixed Vegetables, Jell-O

**Thursday**

Beef Tacos, Sweet Peppers, Onions and Soy Beef Tacos, Tomato Mexican Brown Rice, Spinach Salad, steamed Vegetables, Apple Slices

**Friday**

Tzatziki chicken with Falafel, Rice and Pita Spinach Salad, Cucumber & Tomato Salad, Frozen Yogurt Tubes

**Week 7 – August 8th to August 12th**

**Salad bar with greens/side salad/carrot/celery stick/hummus/  
condiments/dressing and dessert**

**Monday**

Chicken Tenders (Plum Sauce), Meatless Tenders Mixed Greens Salad,  
Potato Salad, Rice Krispy

**Tuesday**

Beef Lasagna, Creamy Vegetable Lasagna, Caesar salad, Jell-O

**Wednesday**

BBQ Pulled Pork on Whole Wheat Bun Cheesy Mac and Cheese, Baby  
Carrots, Vinaigrette Coleslaw salad, Mixed Vegetables, Yogurt Tubes

**Thursday**

Chicken Fajitas, Soy Chicken, Tofu and Sweet Pepper Fajita with Mixed  
Greens Salad, Potato Salad, Rice Krispy Square

**Friday**

Scrambled Eggs, Sausage Patty, Diced Home Fries and Fresh Fruit Salad

**Week 8 – August 15th to August 19th**

**Salad bar with greens/side salad/carrot/celery stick/hummus/  
condiments/dressing and dessert**

**Monday**

Cheese Deep Dish Pizza, steamed Vegetables, Diced Home Fries,  
Cucumber & Tomato Salad, Caesar Salad, Apple Slices

**Tuesday**

Chicken Tenders (Plum Sauce), Meatless Tenders, with Mixed Greens  
Salad, Pasta Salad, Rice Krispy

**Wednesday**

Beef Tacos, Sweet Peppers, Onions and Soy Chicken Tacos, Mexican  
Brown Rice, Caesar Salad, Mixed Vegetables, Apple Slices

**Thursday**

Meatball Sub, Roasted Peppers, Zucchini, Onion and Soy Beef Sub,  
Arugula Salad, French Fries Vinaigrette Coleslaw salad, Jell-O

**Friday**

Breaded Chicken Burger, Vegetable Burger on Whole Wheat Buns,  
Spinach Salad, Potato Salad, Cookies & Watermelon

**Week 9 – August 22nd to August 26th**



**Salad bar with greens/side salad/carrot/celery stick/hummus/  
condiments/dressing and dessert**

**Monday**

Butter chicken with buttered cauliflower naan bread and rice,  
Cucumber & Tomato Salad, Frozen Yogurt Tubes

**Tuesday**

Chicken Burger on Whole Wheat Bun, Baby Carrots, Perogy, Mixed  
Iceberg salad, Vinaigrette Coleslaw salad, Potato Wedge Fries, Jell-O

**Wednesday**

Beef lasagna, Creamy Vegetable lasagna, Spinach Salad, Cucumber &  
Tomato Salad, Apple Slices

**Thursday**

Spaghetti with Meatballs, Spaghetti with Soy Crumble, Sweet Peppers  
& Tomato Sauce, Caesar Salad, Garlic whole wheat Bread, Rice Krispy  
Squares

**Friday**

Beef Burger, Garden Vegetarian Burger on Whole Wheat Bun, Mixed  
Greens, Vinaigrette Coleslaw salad, Pasta Salad, Cookies & Watermelon

**Week 10 – August 29th to September 2nd**

**Salad bar with greens/side salad/carrot/celery stick/hummus/  
condiments/dressing and dessert**

## **Monday**

Beef Tacos, Sweet Peppers, Onions and Soy Chicken Tacos, Tomato Mexican Brown Rice, Spinach Salad, steamed Vegetables, Rice Krispy Squares

## **Tuesday**

Cheese Tortellini in Butter, Tomato sauce, Arugula Salad, Mixed Vegetable, Caesar Salad, Garlic Whole Wheat Bread, Frozen Yogurt Tubes

## **Wednesday**

Chicken Tender (Plum Sauce), Meatless Tender Mixed Greens Salad, Potato Salad, Apple Slices

## **Thursday**

Meatball Sub, Roasted Peppers, Zucchini, Onion and Soy Beef Sub, Mixed Greens Salad, Pasta Salad, Mixed Vegetables, Jell-O

## **Friday**

Scrambled Eggs, Sausage Patty, Diced Home Fries and Fresh Fruit Salad