

Center For Lifelong Learning
LUNCH

July 1 - July 31

What's Cooking Today?



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Beef Tacos w/ Shredded Cheddar Cheese on W/G Flour Tortillas Vegetarian Beans Fruit Milk	2 W/G Chicken Fries Sweet Potato Fries Fruit Whole Grain Bread Milk	3 
6 W/G Mini Cheese Quesadillas Plantains Fruit Milk	7 All Beef Hamburger on Wheat Hamburger Bun Sweet Potato Fries Fruit Milk	8 Cheese Lasagna with Spaghetti Sauce Green Beans Whole Wheat Dinner Roll Fruit Milk	9 BREAKFAST FOR LUNCH French Toast Sticks w/Syrup Turkey Sausage Patty Black Bean & Corn Salad Fruit Milk	10 Whole Wheat 3x5 Cheese Pizza-2 Romaine Salad w/ Dressing Fruit Milk
13 Sliced Turkey with Gravy Mashed Potatoes Fruit Wheat Dinner Roll Milk	14 W/G Popcorn Chicken w/ Sweet & Sour Sauce Vegetarian Beans Fruit Whole Grain Bread Milk	15 Beef Meatballs Parmigiana on Wheat Sub Diced Carrots Fruit Milk	16 Beef Nachos w/ Cheddar Cheese Sauce on W/G Tortilla Scoops Sliced Cucumers w/Dip Fruit Milk	17 W/G Turkey & Beef Pepperoni Pizza Pocket Romaine Salad w/ Dressing Fruit Milk
20 W/G Chicken Fingers Vegetarian Beans Whole Grain Bread Fruit Milk	21 W/G Cheese Ravioli w/ Beef Meat Sauce Corn Whole Grain Bread Fruit Milk	22 All Beef Italian Wheat Sub-1 (Beef Bologna, Beef Salami, & American Cheese Sub) Green Beans Fruit Milk	23 Tri Color Tortellini w/ Alfredo Sauce Diced Carrots Wheat Dinner Roll Fruit Milk	24 Whole Wheat 3x5 Cheese Pizza-2 Romaine Salad w/ Dressing Fruit Milk
27 W/G Breaded Chicken Patty on Wheat Bun Vegetarian Beans Fruit Milk	28 Turkey & Cheese on Wheat Hamburger Bun Potato Salad Cup Fruit Milk	29 W/G Toasted Cheese Sandwich Sliced Cucumers w/Dip Fruit Milk	30 W/G Chicken Fries Diced Carrots Fruit Wheat Dinner Roll Milk	31 W/G Turkey & Beef Pepperoni Pizza Pocket Romaine Salad w/ Dressing Fruit Milk