

July 1 - July 31

ALC

**ESCNJ**  
**Lunch**

# *What's Cooking Today?*

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

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