



October 2022 – Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
3 Whole wheat ziti with chicken * (V) Lentil penne & tomato sauce w/ soy *#^ Grated cheese Tossed salad Fresh fruit	4 Chicken chili (V) Veg out chili^ Broccoli & cheese salad Whole wheat bread/butter* Fresh fruit	5 (V) Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit	6 Hamburger slider (V) Black bean burger #^ Bean medley *Whole wheat roll Fresh fruit	7 BBQ chicken leg (V) Mushroom stroganoff ^ California blend vegetables *Whole wheat bread/butter Fresh fruit
10 <p style="text-align: center;">CLOSED FOR STAFF TRAINING</p>	11 (V) Whole grain cheese melt * Tomato alphabet soup Fresh fruit	12 Shepherd's Pie (V) Chickpea curry with potatoes^ Pineapple/mango coleslaw *Whole wheat bread/butter Fresh fruit	13 Maryland-style chicken (V) Broccoli & cheddar quinoa w/brown rice * Sugar snaps & carrots *Whole wheat bread/butter Fresh fruit	14 (V) Whole wheat macaroni & cheese* Mixed vegetables Fresh fruit
17 Whole wheat Turk-a-roni* (V) White bean mushroom soup^ Grated cheese Southwest salad Fresh fruit	18 (V) Whole grain pizza* Garden salad Fresh fruit	19 Chicken Patty (V) Veggie nuggets Tuscan bean and garlic soup Whole wheat bread/butter* Fresh fruit	20 (V) Spinach manicotti Winter blend vegetables Whole wheat bread/butter* Fresh fruit	21 (V) Beans & Brown rice^ Tossed salad Tortilla* Fresh fruit
24 Chicken Alfredo with tri-color pasta (V) Tri-color pasta alfredo Salad Fresh fruit	25 (V) Broccoli Quiche Peas Whole wheat bread/butter* Fresh fruit	26 Spaghetti & meat sauce* (V) Spaghetti & tomato sauce w/ soy #^ Grated cheese Spinach salad Fresh fruit	27 Chicken leg w/ buttermilk gravy (V) Picadillo^ Zucchini & yellow squash Whole wheat bread/butter * Fresh fruit	28 Turkey taco w/whole wheat Tortilla* (V) Beans & brown rice burrito*^ Corn Grated cheese Fresh fruit
31 Power veggie beef & chicken stew (V) Black bean tortilla soup^ Spinach salad Whole wheat bread/butter* Fresh fruit			<i>Age-appropriate milk must be served with lunch</i>	<i>Fresh fruits include but are not limited to: apples, oranges, bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe. This institution is an equal opportunity provider</i>

(V) Vegetarian meal
 #Gluten free

*Whole grain
 ^Vegan



November 2022 – Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Turkey meatloaf (V) French lentils w/ thyme^ Mashed sweet potatoes Whole wheat bread/butter* Fresh fruit	2 Dirty brown rice with beef* (V) Dirty brown rice^ Apple coleslaw Fresh fruit	3 Bean, corn, & chicken quesadilla (V) Bean, corn & cheese quesadilla With whole wheat tortilla * Green Beans Fresh fruit	4 (V) Lasagna Tossed salad Fresh fruit
7 Whole wheat ziti with chicken * (V) Lentil penne & tomato sauce w/ soy *#^ Grated cheese Tossed salad Fresh fruit	8 Chicken chili (V) Veg out chili^ Broccoli & cheese salad Whole wheat bread/butter* Fresh fruit	9 (V) Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit	10 Hamburger slider (V) Black bean burger #^ Bean medley *Whole wheat roll Fresh fruit	11 BBQ chicken leg (V) Mushroom stroganoff ^ California blend vegetables *Whole wheat bread/butter Fresh fruit
14 Turkey sloppy joe (V) Vegetarian sloppy joe ^ Corn & edamame *Whole wheat roll Fresh fruit	15 (V) Whole grain cheese melt * Tomato alphabet soup Fresh fruit	16 Shepherd's Pie (V) Chickpea curry with potatoes^ Pineapple/mango coleslaw *Whole wheat bread/butter Fresh fruit	17 Maryland-style chicken (V) Broccoli & cheddar quinoa w/brown rice * Sugar snaps & carrots *Whole wheat bread/butter Fresh fruit	18 THANKSGIVING LUNCH Sliced turkey & gravy Sweet potatoes Cranberry relish Whole wheat bread/butter Fresh fruit
21 Whole wheat Turk-a-roni* (V) White bean mushroom soup^ Grated cheese Southwest salad Fresh fruit	22 (V) Whole grain pizza* Garden salad Fresh fruit	23 (V) Beans & Brown rice^ Tossed salad Tortilla* Fresh fruit	24 CLOSED FOR THANKSGIVING	25 CLOSED FOR THANKSGIVING
28 Chicken Alfredo with tri-color pasta (V) Tri-color pasta alfredo Salad Fresh fruit	29 (V) Quiche Peas Whole wheat bread/butter* Fresh fruit	30 Spaghetti & meat sauce* (V) Spaghetti & tomato sauce w/ soy #^ Grated cheese Spinach salad Fresh fruit	<i>Age-appropriate milk must be served with lunch</i>	<i>Fresh fruits include but are not limited to: apples, oranges, bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe. This institution is an equal opportunity provider</i>

(V) Vegetarian meal
#Gluten free

*Whole grain
^Vegan



December 2022 – Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
Age-appropriate milk must be served with lunch	Fresh fruits include but are not limited to: apples, oranges, bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe. This institution is an equal opportunity provider		1 Chicken leg w/ buttermilk gravy (V) Picadillo^ Zucchini & yellow squash Whole wheat bread/butter * Fresh fruit	2 Turkey taco w/whole wheat Tortilla* (V) Beans & brown rice burrito*^ Corn Grated cheese Fresh fruit
5 Power veggie beef & chicken stew (V) Black bean tortilla soup^ Spinach salad Whole wheat bread/butter* Fresh fruit	6 Turkey meatloaf (V) French lentils w/ thyme^ Mashed sweet potatoes Whole wheat bread/butter* Fresh fruit	7 Dirty brown rice with beef* (V) Dirty brown rice^ Apple coleslaw Fresh fruit	8 Bean, corn, & chicken quesadilla (V) Bean, corn & cheese quesadilla With whole wheat tortilla * Green Beans Fresh fruit	9 (V) Lasagna Tossed salad Fresh fruit
12 Whole wheat ziti with chicken * (V) Lentil penne & tomato sauce w/ soy *#^ Grated cheese Tossed salad Fresh fruit	13 Chicken chili (V) Veg out chili^ Broccoli & cheese salad Whole wheat bread/butter* Fresh fruit	14 (V) Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit	15 Hamburger slider (V) Black bean burger #^ Bean medley *Whole wheat roll Fresh fruit	16 BBQ chicken leg (V) Mushroom stroganoff ^ California blend vegetables *Whole wheat bread/butter Fresh fruit
19 Turkey sloppy joe (V) Vegetarian sloppy joe ^ Corn & edamame *Whole wheat roll Fresh fruit	20 (V) Whole grain cheese melt * Tomato alphabet soup Fresh fruit	21 Shepherd's Pie (V) Chickpea curry with potatoes^ Pineapple/mango coleslaw *Whole wheat bread/butter Fresh fruit	22 Maryland-style chicken (V) Broccoli & cheddar quinoa w/brown rice * Sugar snaps & carrots *Whole wheat bread/butter Fresh fruit	23 CLOSED FOR CHRISTMAS
26 CLOSED FOR CHRISTMAS	27 Whole wheat Turk-a-roni* (V) White bean mushroom soup^ Grated cheese Southwest salad Fresh fruit	28 (V) Whole grain pizza* Garden salad Fresh fruit	29 Chicken Nuggets (V) Veggie nuggets Potato soup Whole wheat bread/butter* Fresh fruit	30 (V) Beans & Brown rice^ Tossed salad Tortilla* Fresh fruit

(V) Vegetarian meal
#Gluten free

*Whole grain
^Vegan



January 2023 – Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
2 CLOSED FOR NEW YEARS	3 Chicken Alfredo with tri-color pasta (V) Tri-color pasta alfredo Salad Fresh fruit	4 Spaghetti & meat sauce* (V) Spaghetti & tomato sauce w/ soy #^ Grated cheese Spinach salad Fresh fruit	5 Chicken leg w/ buttermilk gravy (V) Picadillo^ Zucchini & yellow squash Whole wheat bread/butter * Fresh fruit	6 Turkey taco w/whole wheat Tortilla* (V) Beans & brown rice burrito*^ Corn Grated cheese Fresh fruit
9 Power veggie beef & chicken stew (V) Black bean tortilla soup^ Spinach salad Whole wheat bread/butter* Fresh fruit	10 Turkey meatloaf (V) French lentils w/ thyme^ Mashed sweet potatoes Whole wheat bread/butter* Fresh fruit	11 Dirty brown rice with beef* (V) Dirty brown rice^ Apple coleslaw Fresh fruit	12 Bean, corn, & chicken quesadilla (V) Bean, corn & cheese quesadilla With whole wheat tortilla * Green Beans Fresh fruit	13 (V) Lasagna Tossed salad Fresh fruit
16 CLOSED FOR MLK JR DAY	17 Whole wheat ziti with chicken * (V) Lentil penne & tomato sauce w/ soy *#^ Grated cheese Tossed salad Fresh fruit	18 Chicken chili (V) Veg out chili^ Broccoli & cheese salad Whole wheat bread/butter* Fresh fruit	19 (V) Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit	20 BBQ chicken leg (V) Mushroom stroganoff ^ California blend vegetables *Whole wheat bread/butter Fresh fruit
23 Turkey sloppy joe (V) Vegetarian sloppy joe ^ Corn & edamame *Whole wheat roll Fresh fruit	24 (V) Whole grain cheese melt * Tomato alphabet soup Fresh fruit	25 Shepherd's Pie (V) Chickpea curry with potatoes^ Pineapple/mango coleslaw *Whole wheat bread/butter Fresh fruit	26 Maryland-style chicken (V) Broccoli & cheddar quinoa w/brown rice * Sugar snaps & carrots *Whole wheat bread/butter Fresh fruit	27 (V) Whole wheat macaroni & cheese* Mixed vegetables Fresh fruit
30 Whole wheat Turk-a-roni* (V) White bean mushroom soup^ Grated cheese Southwest salad Fresh fruit	31 (V) Whole grain pizza* Garden salad Fresh fruit		<i>Age-appropriate milk must be served with lunch</i>	<i>Fresh fruits include but are not limited to: apples, oranges, bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe. This institution is an equal opportunity provider</i>

(V) Vegetarian meal
 #Gluten free

*Whole grain
 ^Vegan



February 2023 – Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Chicken Patty (V) Veggie nuggets Tuscan bean and garlic soup Whole wheat bread/butter* Fresh fruit	2 (V) Spinach manicotti Winter blend vegetables Whole wheat bread/butter* Fresh fruit	3 (V) Beans & Brown rice^ Tossed salad Tortilla* Fresh fruit
6 Chicken Alfredo with tri-color pasta (V) Tri-color pasta alfredo Salad Fresh fruit	7 (V) Broccoli Quiche Peas Whole wheat bread/butter* Fresh fruit	8 Spaghetti & meat sauce* (V) Spaghetti & tomato sauce w/ soy #^ Grated cheese Spinach salad Fresh fruit	9 Chicken leg w/ buttermilk gravy (V) Picadillo^ Zucchini & yellow squash Whole wheat bread/butter * Fresh fruit	10 Turkey taco w/whole wheat Tortilla* (V) Beans & brown rice burrito*^ Corn Grated cheese Fresh fruit
13 Power veggie beef & chicken stew (V) Black bean tortilla soup^ Spinach salad Whole wheat bread/butter* Fresh fruit	14 Turkey meatloaf (V) French lentils w/ thyme^ Mashed sweet potatoes Whole wheat bread/butter* Fresh fruit	15 Dirty brown rice with beef* (V) Dirty brown rice^ Apple coleslaw Fresh fruit	16 Bean, corn, & chicken quesadilla (V) Bean, corn & cheese quesadilla With whole wheat tortilla * Green Beans Fresh fruit	17 (V) Lasagna Tossed salad Fresh fruit
20 <p style="text-align: center;">CLOSED FOR STAFF TRAINING</p>	21 Whole wheat ziti with chicken * (V) Lentil penne & tomato sauce w/ soy *#^ Grated cheese Tossed salad Fresh fruit	22 Chicken chili (V) Veg out chili^ Broccoli & cheese salad Whole wheat bread/butter* Fresh fruit	23 (V) Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit	24 BBQ chicken leg (V) Mushroom stroganoff ^ California blend vegetables *Whole wheat bread/butter Fresh fruit
27 Turkey sloppy joe (V) Vegetarian sloppy joe ^ Corn & edamame *Whole wheat roll Fresh fruit	28 (V) Whole grain cheese melt * Tomato alphabet soup Fresh fruit		<i>Age-appropriate milk must be served with lunch</i>	<i>Fresh fruits include but are not limited to: apples, oranges, bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe. This institution is an equal opportunity provider</i>

(V) Vegetarian meal
 #Gluten free

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 ^Vegan



March 2023 – Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Age-appropriate milk must be served with lunch</i></p>	<p><i>Fresh fruits include but are not limited to: apples, oranges, bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe. This institution is an equal opportunity provider</i></p>	<p>1 Shepherd's Pie (V) Chickpea curry with potatoes^ Pineapple/mango coleslaw *Whole wheat bread/butter Fresh fruit</p>	<p>2 Maryland-style chicken (V) Broccoli & cheddar quinoa w/brown rice * Sugar snaps & carrots *Whole wheat bread/butter Fresh fruit</p>	<p>3 (V) Whole wheat macaroni & cheese* Mixed vegetables Fresh fruit</p>
<p>6 Whole wheat Turk-a-roni* (V) White bean mushroom soup^ Grated cheese Southwest salad Fresh fruit</p>	<p>7 (V) Whole grain pizza* Garden salad Fresh fruit</p>	<p>8 Chicken Nuggets (V) Veggie nuggets Potato soup Whole wheat bread/butter* Fresh fruit</p>	<p>9 (V) Spinach manicotti Winter blend vegetables Whole wheat bread/butter* Fresh fruit</p>	<p>10 (V) Beans & Brown rice^ Tossed salad Tortilla* Fresh fruit</p>
<p>13 Chicken Alfredo with tri-color pasta (V) Tri-color pasta alfredo Salad Fresh fruit</p>	<p>14 (V) Quiche Peas Whole wheat bread/butter* Fresh fruit</p>	<p>15 Spaghetti & meat sauce* (V) Spaghetti & tomato sauce w/ soy #^ Grated cheese Spinach salad Fresh fruit</p>	<p>16 Chicken leg w/ buttermilk gravy (V) Picadillo^ Zucchini & yellow squash Whole wheat bread/butter * Fresh fruit</p>	<p>17 Turkey taco w/whole wheat Tortilla* (V) Beans & brown rice burrito*^ Corn Grated cheese Fresh fruit</p>
<p>20 Power veggie beef & chicken stew (V) Black bean tortilla soup^ Spinach salad Whole wheat bread/butter* Fresh fruit</p>	<p>21 Turkey meatloaf (V) French lentils w/ thyme^ Mashed sweet potatoes Whole wheat bread/butter* Fresh fruit</p>	<p>22 Dirty brown rice with beef* (V) Dirty brown rice^ Apple coleslaw Fresh fruit</p>	<p>23 Bean, corn, & chicken quesadilla (V) Bean, corn & cheese quesadilla With whole wheat tortilla * Green Beans Fresh fruit</p>	<p>24 (V) Lasagna Tossed salad Fresh fruit</p>
<p>27 Whole wheat ziti with chicken * (V) Lentil penne & tomato sauce w/ soy *#^ Grated cheese Tossed salad Fresh fruit</p>	<p>28 Chicken chili (V) Veg out chili^ Broccoli & cheese salad Whole wheat bread/butter* Fresh fruit</p>	<p>29 (V) Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit</p>	<p>30 Hamburger slider (V) Black bean burger #^ Bean medley *Whole wheat roll Fresh fruit</p>	<p>31 BBQ chicken leg (V) Mushroom stroganoff ^ California blend vegetables *Whole wheat bread/butter Fresh fruit</p>

(V) Vegetarian meal
#Gluten free

*Whole grain
^Vegan



April 2023 – Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
3 Turkey sloppy joe (V) Vegetarian sloppy joe ^ Corn & edamame *Whole wheat roll Fresh fruit	4 (V) Whole grain cheese melt * Tomato alphabet soup Fresh fruit	5 Shepherd's Pie (V) Chickpea curry with potatoes^ Pineapple/mango coleslaw *Whole wheat bread/butter Fresh fruit	6 Maryland-style chicken (V) Broccoli & cheddar quinoa w/brown rice * Sugar snaps & carrots *Whole wheat bread/butter Fresh fruit	7 (V) Whole wheat macaroni & cheese* Mixed vegetables Fresh fruit
10 Whole wheat Turk-a-roni* (V) White bean mushroom soup^ Grated cheese Southwest salad Fresh fruit	11 (V) Whole grain pizza* Garden salad Fresh fruit	12 Chicken Patty (V) Veggie nuggets Tuscan bean and garlic soup Whole wheat bread/butter* Fresh fruit	13 (V) Spinach manicotti Winter blend vegetables Whole wheat bread/butter* Fresh fruit	14 (V) Beans & Brown rice^ Tossed salad Tortilla* Fresh fruit
17 Chicken Alfredo with tri-color pasta (V) Tri-color pasta alfredo Salad Fresh fruit	18 (V) Broccoli Quiche Peas Whole wheat bread/butter* Fresh fruit	19 Spaghetti & meat sauce* (V) Spaghetti & tomato sauce w/ soy #^ Grated cheese Spinach salad Fresh fruit	20 Chicken leg w/ buttermilk gravy (V) Picadillo^ Zucchini & yellow squash Whole wheat bread/butter * Fresh fruit	21 Turkey taco w/whole wheat Tortilla* (V) Beans & brown rice burrito*^ Corn Grated cheese Fresh fruit
24 Power veggie beef & chicken stew (V) Black bean tortilla soup^ Spinach salad Whole wheat bread/butter* Fresh fruit	25 Turkey meatloaf (V) French lentils w/ thyme^ Mashed sweet potatoes Whole wheat bread/butter* Fresh fruit	26 Dirty brown rice with beef* (V) Dirty brown rice^ Apple coleslaw Fresh fruit	27 Bean, corn, & chicken quesadilla (V) Bean, corn & cheese quesadilla With whole wheat tortilla * Green Beans Fresh fruit	28 (V) Lasagna Tossed salad Fresh fruit
			<i>Age-appropriate milk must be served with lunch</i>	<i>Fresh fruits include but are not limited to: apples, oranges, bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe. This institution is an equal opportunity provider</i>

(V) Vegetarian meal
 #Gluten free

*Whole grain
 ^Vegan



May 2023 – Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
1 Whole wheat ziti with chicken * (V) Lentil penne & tomato sauce w/ soy *#^ Grated cheese Tossed salad Fresh fruit	2 Chicken chili (V) Veg out chili^ Broccoli & cheese salad Whole wheat bread/butter* Fresh fruit	3 (V) Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit	4 Hamburger slider (V) Black bean burger #^ Bean medley *Whole wheat roll Fresh fruit	5 BBQ chicken leg (V) Mushroom stroganoff ^ California blend vegetables *Whole wheat bread/butter Fresh fruit
8 Turkey sloppy joe (V) Vegetarian sloppy joe ^ Corn & edamame *Whole wheat roll Fresh fruit	9 (V) Whole grain cheese melt * Tomato alphabet soup Fresh fruit	10 Shepherd's Pie (V) Chickpea curry with potatoes^ Pineapple/mango coleslaw *Whole wheat bread/butter Fresh fruit	11 Maryland-style chicken (V) Broccoli & cheddar quinoa w/brown rice * Sugar snaps & carrots *Whole wheat bread/butter Fresh fruit	12 (V) Whole wheat macaroni & cheese* Mixed vegetables Fresh fruit
15 Whole wheat Turk-a-roni* (V) White bean mushroom soup^ Grated cheese Southwest salad Fresh fruit	16 (V) Whole grain pizza* Garden salad Fresh fruit	17 Chicken Nuggets (V) Veggie nuggets Potato soup Whole wheat bread/butter* Fresh fruit	18 (V) Spinach manicotti Winter blend vegetables Whole wheat bread/butter* Fresh fruit	19 (V) Beans & Brown rice^ Tossed salad Tortilla* Fresh fruit
22 Chicken Alfredo with tri-color pasta (V) Tri-color pasta alfredo Salad Fresh fruit	23 (V) Quiche Peas Whole wheat bread/butter* Fresh fruit	24 Spaghetti & meat sauce* (V) Spaghetti & tomato sauce w/ soy #^ Grated cheese Spinach salad Fresh fruit	25 Chicken leg w/ buttermilk gravy (V) Picadillo^ Zucchini & yellow squash Whole wheat bread/butter * Fresh fruit	26 Turkey taco w/whole wheat Tortilla* (V) Beans & brown rice burrito*^ Corn Grated cheese Fresh fruit
29 <p style="text-align: center;">CLOSED FOR MEMORIAL DAY</p>	30 Power veggie beef & chicken stew (V) Black bean tortilla soup^ Spinach salad Whole wheat bread/butter* Fresh fruit	31 Turkey meatloaf (V) French lentils w/ thyme^ Mashed sweet potatoes Whole wheat bread/butter* Fresh fruit	<i>Age-appropriate milk must be served with lunch</i>	
<i>Fresh fruits include but are not limited to: apples, oranges, bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe. This institution is an equal opportunity provider</i>				

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 ^Vegan



June 2023 – Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
Age-appropriate milk must be served with lunch	Fresh fruits include but are not limited to: apples, oranges, bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe. This institution is an equal opportunity provider		1 Dirty brown rice with beef* (V) Dirty brown rice^ Apple coleslaw Fresh fruit	2 (V) Lasagna Tossed salad Fresh fruit
5 Whole wheat ziti with chicken * (V) Lentil penne & tomato sauce w/ soy *#^ Grated cheese Tossed salad Fresh fruit	6 Chicken chili (V) Veg out chili^ Broccoli & cheese salad Whole wheat bread/butter* Fresh fruit	7 (V) Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit	8 Hamburger slider (V) Black bean burger #^ Bean medley *Whole wheat roll Fresh fruit	9 BBQ chicken leg (V) Mushroom stroganoff ^ California blend vegetables *Whole wheat bread/butter Fresh fruit
12 Turkey sloppy joe (V) Vegetarian sloppy joe ^ Corn & edamame *Whole wheat roll Fresh fruit	13 (V) Whole grain cheese melt * Tomato alphabet soup Fresh fruit	14 Shepherd's Pie (V) Chickpea curry with potatoes^ Pineapple/mango coleslaw *Whole wheat bread/butter Fresh fruit	15 Maryland-style chicken (V) Broccoli & cheddar quinoa w/brown rice * Sugar snaps & carrots *Whole wheat bread/butter Fresh fruit	16 (V) Whole wheat macaroni & cheese* Mixed vegetables Fresh fruit
19 CLOSED FOR JUNETEENTH	20 (V) Whole grain pizza* Garden salad Fresh fruit	21 Chicken Patty (V) Veggie nuggets Tuscan bean and garlic soup Whole wheat bread/butter* Fresh fruit	22 (V) Spinach manicotti Winter blend vegetables Whole wheat bread/butter* Fresh fruit	23 (V) Beans & Brown rice^ Tossed salad Tortilla* Fresh fruit
26 Chicken Alfredo with tri-color pasta (V) Tri-color pasta alfredo Salad Fresh fruit	27 (V) Broccoli Quiche Peas Whole wheat bread/butter* Fresh fruit	28 Spaghetti & meat sauce* (V) Spaghetti & tomato sauce w/ soy #^ Grated cheese Spinach salad Fresh fruit	29 Chicken leg w/ buttermilk gravy (V) Picadillo^ Zucchini & yellow squash Whole wheat bread/butter * Fresh fruit	30 Turkey taco w/whole wheat Tortilla* (V) Beans & brown rice burrito*^ Corn Grated cheese Fresh fruit

(V) Vegetarian meal
#Gluten free

*Whole grain
^Vegan



July 2023 – Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
3 Power veggie beef & chicken stew (V) Black bean tortilla soup^ Spinach salad Whole wheat bread/butter* Fresh fruit	4 <p style="text-align: center;">CLOSED FOR INDEPENDENCE DAY</p>	5 Turkey meatloaf (V) French lentils w/ thyme^ Mashed sweet potatoes Whole wheat bread/butter* Fresh fruit	6 Dirty brown rice with beef* (V) Dirty brown rice^ Apple coleslaw Fresh fruit	7 (V) Lasagna Tossed salad Fresh fruit
10 Whole wheat ziti with chicken * (V) Lentil penne & tomato sauce w/ soy *#^ Grated cheese Tossed salad Fresh fruit	11 Chicken chili (V) Veg out chili^ Broccoli & cheese salad Whole wheat bread/butter* Fresh fruit	12 (V) Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit	13 Hamburger slider (V) Black bean burger #^ Bean medley *Whole wheat roll Fresh fruit	14 BBQ chicken leg (V) Mushroom stroganoff ^ California blend vegetables *Whole wheat bread/butter Fresh fruit
17 Turkey sloppy joe (V) Vegetarian sloppy joe ^ Corn & edamame *Whole wheat roll Fresh fruit	18 (V) Whole grain cheese melt * Tomato alphabet soup Fresh fruit	19 Shepherd's Pie (V) Chickpea curry with potatoes^ Pineapple/mango coleslaw *Whole wheat bread/butter Fresh fruit	20 Maryland-style chicken (V) Broccoli & cheddar quinoa w/brown rice * Sugar snaps & carrots *Whole wheat bread/butter Fresh fruit	21 (V) Whole wheat macaroni & cheese* Mixed vegetables Fresh fruit
24 Whole wheat Turk-a-roni* (V) White bean mushroom soup^ Grated cheese Southwest salad Fresh fruit	25 (V) Whole grain pizza* Garden salad Fresh fruit	26 Chicken Nuggets (V) Veggie nuggets Potato soup Whole wheat bread/butter* Fresh fruit	27 (V) Spinach manicotti Winter blend vegetables Whole wheat bread/butter* Fresh fruit	28 (V) Beans & Brown rice^ Tossed salad Tortilla* Fresh fruit
31 Chicken Alfredo with tri-color pasta (V) Tri-color pasta alfredo Salad Fresh fruit			<i>Age-appropriate milk must be served with lunch</i>	<i>Fresh fruits include but are not limited to: apples, oranges, bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe. This institution is an equal opportunity provider</i>

(V) Vegetarian meal
#Gluten free

*Whole grain
^Vegan



August 2023 – Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
<i>Age-appropriate milk must be served with lunch</i>	1 (V) Quiche Peas Whole wheat bread/butter* Fresh fruit	2 Spaghetti & meat sauce* (V) Spaghetti & tomato sauce w/ soy #^ Grated cheese Spinach salad Fresh fruit	3 Chicken leg w/ buttermilk gravy (V) Picadillo^ Zucchini & yellow squash Whole wheat bread/butter * Fresh fruit	4 Turkey taco w/whole wheat Tortilla* (V) Beans & brown rice burrito*^ Corn Grated cheese Fresh fruit
7 Power veggie beef & chicken stew (V) Black bean tortilla soup^ Spinach salad Whole wheat bread/butter* Fresh fruit	8 Turkey meatloaf (V) French lentils w/ thyme^ Mashed sweet potatoes Whole wheat bread/butter* Fresh fruit	9 Dirty brown rice with beef* (V) Dirty brown rice^ Apple coleslaw Fresh fruit	10 Bean, corn, & chicken quesadilla (V) Bean, corn & cheese quesadilla With whole wheat tortilla * Green Beans Fresh fruit	11 (V) Lasagna Tossed salad Fresh fruit
14 Whole wheat ziti with chicken * (V) Lentil penne & tomato sauce w/ soy *#^ Grated cheese Tossed salad Fresh fruit	15 Chicken chili (V) Veg out chili^ Broccoli & cheese salad Whole wheat bread/butter* Fresh fruit	16 (V) Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit	17 Hamburger slider (V) Black bean burger #^ Bean medley *Whole wheat roll Fresh fruit	18 BBQ chicken leg (V) Mushroom stroganoff ^ California blend vegetables *Whole wheat bread/butter Fresh fruit
21 Turkey sloppy joe (V) Vegetarian sloppy joe ^ Corn & edamame *Whole wheat roll Fresh fruit	22 (V) Whole grain cheese melt * Tomato alphabet soup Fresh fruit	23 Shepherd's Pie (V) Chickpea curry with potatoes^ Pineapple/mango coleslaw *Whole wheat bread/butter Fresh fruit	24 Maryland-style chicken (V) Broccoli & cheddar quinoa w/brown rice * Sugar snaps & carrots *Whole wheat bread/butter Fresh fruit	25 (V) Whole wheat macaroni & cheese* Mixed vegetables Fresh fruit
28 Whole wheat Turk-a-roni* (V) White bean mushroom soup^ Grated cheese Southwest salad Fresh fruit	29 (V) Whole grain pizza* Garden salad Fresh fruit	30 Chicken Patty (V) Veggie nuggets Tuscan bean and garlic soup Whole wheat bread/butter* Fresh fruit	31 (V) Spinach manicotti Winter blend vegetables Whole wheat bread/butter* Fresh fruit	<i>Fresh fruits include but are not limited to: apples, oranges, bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe. This institution is an equal opportunity provider</i>

(V) Vegetarian meal
#Gluten free

*Whole grain
^Vegan



September 2023 – Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
Age-appropriate milk must be served with lunch	Fresh fruits include but are not limited to: apples, oranges, bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe. This institution is an equal opportunity provider			1 (V) Beans & Brown rice^ Tossed salad Tortilla* Fresh fruit
4 CLOSED FOR LABOR DAY	5 Chicken Alfredo with tri-color pasta (V) Tri-color pasta alfredo Salad Fresh fruit	6 Spaghetti & meat sauce* (V) Spaghetti & tomato sauce w/ soy #^ Grated cheese Spinach salad Fresh fruit	7 Chicken leg w/ buttermilk gravy (V) Picadillo^ Zucchini & yellow squash Whole wheat bread/butter * Fresh fruit	8 Turkey taco w/whole wheat Tortilla* (V) Beans & brown rice burrito*^ Corn Grated cheese Fresh fruit
11 Power veggie beef & chicken stew (V) Black bean tortilla soup^ Spinach salad Whole wheat bread/butter* Fresh fruit	12 Turkey meatloaf (V) French lentils w/ thyme^ Mashed sweet potatoes Whole wheat bread/butter* Fresh fruit	13 Dirty brown rice with beef* (V) Dirty brown rice^ Apple coleslaw Fresh fruit	14 Bean, corn, & chicken quesadilla (V) Bean, corn & cheese quesadilla With whole wheat tortilla * Green Beans Fresh fruit	15 (V) Lasagna Tossed salad Fresh fruit
18 Whole wheat ziti with chicken * (V) Lentil penne & tomato sauce w/ soy *#^ Grated cheese Tossed salad Fresh fruit	19 Chicken chili (V) Veg out chili^ Broccoli & cheese salad Whole wheat bread/butter* Fresh fruit	20 (V) Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit	21 Hamburger slider (V) Black bean burger #^ Bean medley *Whole wheat roll Fresh fruit	22 BBQ chicken leg (V) Mushroom stroganoff ^ California blend vegetables *Whole wheat bread/butter Fresh fruit
25 Turkey sloppy joe (V) Vegetarian sloppy joe ^ Corn & edamame *Whole wheat roll Fresh fruit	26 (V) Whole grain cheese melt * Tomato alphabet soup Fresh fruit	27 Shepherd's Pie (V) Chickpea curry with potatoes^ Pineapple/mango coleslaw *Whole wheat bread/butter Fresh fruit	28 Maryland-style chicken (V) Broccoli & cheddar quinoa w/brown rice * Sugar snaps & carrots *Whole wheat bread/butter Fresh fruit	29 (V) Whole wheat macaroni & cheese* Mixed vegetables Fresh fruit

(V) Vegetarian meal
#Gluten free

*Whole grain
^Vegan