



October 2024 – Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
<i>Age-appropriate milk must be served with lunch</i>	1 Bean, corn, & chicken quesadilla (V) Bean, corn & cheese quesadilla With whole wheat tortilla * Green Beans Fresh fruit	2 Stuffing topped chicken pot pie Apple coleslaw (V) Black bean tortilla soup^ Whole wheat bread/butter* Fresh fruit	3 Turkey meatloaf (V) French lentils w/ thyme^ Mashed sweet potatoes Whole wheat bread/butter* 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 (V) Beans & Brown rice^ Tossed salad Tortilla* Fresh fruit	9 Shepherd's Pie (V) Chickpea curry with potatoes^ Pineapple/mango coleslaw Whole wheat bread/butter* Fresh fruit	10 (V) Ravioli w/olive oil, tomato sauce & fresh basil Peas 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 Roll Fresh fruit	15 Chicken chili (V) Veg out chili^ Broccoli & cheese salad Whole wheat bread/butter* Fresh fruit	16 Hamburger slider (V) Black bean burger #^ Bean medley Roll Fresh fruit	17 Chicken parmesan (V) Elbows, tomato sauce w/ soy*^ Zucchini & yellow squash Whole wheat bread/butter* Fresh fruit	18 (V) Whole wheat macaroni & cheese* Mixed vegetables Fresh fruit
21 Whole wheat Turk-a-roni* (V) White bean mushroom soup^ Grated cheese Southwest salad Fresh fruit	22 Maryland-style chicken (V) Broccoli & cheddar quinoa w/brown rice * Sugar snaps & carrots Whole wheat bread/butter* Fresh fruit	23 Chicken patty (V) Veggie nuggets^ Tuscan bean and garlic soup Whole wheat bread/butter* Fresh fruit	24 (V) Whole grain pizza* Garden salad Fresh fruit	25 (V) Spinach manicotti Winter blend vegetables Whole wheat bread/butter* Fresh fruit
28 Chicken Alfredo with tri-color pasta (V) Tri-color pasta alfredo Salad Fresh fruit	29 (V) Whole grain cheese melt * Tomato alphabet soup Fresh fruit	30 Spaghetti & meat sauce* (V) Spaghetti & tomato sauce w/ soy #^ Grated cheese Spinach salad Fresh fruit	31 Chicken thigh w/gravy (V) Picadillo^ Peas 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



November 2024 – 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 Turkey taco w/whole wheat Tortilla* (V) Beans & brown rice burrito*^ Corn Grated cheese Fresh fruit
4 Dirty brown rice with beef* (V) Dirty brown rice^ Spinach salad Fresh fruit	5 Bean, corn, & chicken quesadilla (V) Bean, corn & cheese quesadilla With whole wheat tortilla * Green Beans Fresh fruit	6 Stuffing topped chicken pot pie Apple coleslaw (V) Black bean tortilla soup^ Whole wheat bread/butter* Fresh fruit	7 Turkey meatloaf (V) French lentils w/ thyme^ Mashed sweet potatoes Whole wheat bread/butter* Fresh fruit	8 (V) Lasagna Tossed salad Fresh fruit
11 Whole wheat ziti with chicken * (V) Lentil penne & tomato sauce w/ soy *#^ Grated cheese Tossed salad Fresh fruit	12 (V) Beans & Brown rice^ Tossed salad Tortilla* Fresh fruit	13 Shepherd's Pie (V) Chickpea curry with potatoes^ Pineapple/mango coleslaw Whole wheat bread/butter* Fresh fruit	14 (V) Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit	15 BBQ chicken leg (V) Mushroom stroganoff ^ California blend vegetables Whole wheat bread/butter* Fresh fruit
18 Turkey sloppy joe (V) Vegetarian sloppy joe ^ Corn & edamame Roll Fresh fruit	19 Chicken chili (V) Veg out chili^ Broccoli & cheese salad Whole wheat bread/butter* Fresh fruit	20 Hamburger slider (V) Black bean burger #^ Bean medley Roll Fresh fruit	21 (V) Whole wheat macaroni & cheese* Mixed vegetables Fresh fruit	22 THANKSGIVING LUNCH Sliced turkey & gravy (V) Veggie Patty Sweet potatoes Cranberry relish Whole wheat bread/butter Fresh fruit
25 Whole wheat Turk-a-roni* (V) White bean mushroom soup^ Grated cheese Southwest salad 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 grain pizza* Garden salad Fresh fruit	28 CLOSED FOR THANKSGIVING	29 CLOSED FOR THANKSGIVING

(V) Vegetarian meal
#Gluten free

*Whole grain
^Vegan



December 2024 – Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
2 Chicken Alfredo with tri-color pasta (V) Tri-color pasta alfredo Salad Fresh fruit	3 (V) Whole grain cheese melt * Tomato alphabet soup Fresh fruit	4 Spaghetti & meat sauce* (V) Spaghetti & tomato sauce w/ soy #^ Grated cheese Spinach salad Fresh fruit	5 Chicken thigh w/gravy (V) Picadillo^ Peas Whole wheat bread/butter * Fresh fruit	6 Turkey taco w/whole wheat Tortilla* (V) Beans & brown rice burrito*^ Corn Grated cheese Fresh fruit
9 Dirty brown rice with beef* (V) Dirty brown rice^ Spinach salad Fresh fruit	10 Bean, corn, & chicken quesadilla (V) Bean, corn & cheese quesadilla With whole wheat tortilla * Green Beans Fresh fruit	11 Stuffing topped chicken pot pie Apple coleslaw (V) Black bean tortilla soup^ Whole wheat bread/butter* Fresh fruit	12 Turkey meatloaf (V) French lentils w/ thyme^ Mashed sweet potatoes Whole wheat bread/butter* Fresh fruit	13 (V) Lasagna Tossed salad Fresh fruit
16 Whole wheat ziti with chicken * (V) Lentil penne & tomato sauce w/ soy *#^ Grated cheese Tossed salad Fresh fruit	17 (V) Beans & Brown rice^ Tossed salad Tortilla* Fresh fruit	18 Shepherd's Pie (V) Chickpea curry with potatoes^ Pineapple/mango coleslaw 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 Roll Fresh fruit	24 Chicken chili (V) Veg out chili^ Broccoli & cheese salad Whole wheat bread/butter* Fresh fruit	25 CLOSED FOR CHRISTMAS DAY	26 Hamburger slider (V) Black bean burger #^ Bean medley Roll 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 Maryland-style chicken (V) Broccoli & cheddar quinoa w/brown rice * Sugar snaps & carrots 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



January 2025 – Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
<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>	1 CLOSED FOR NEW YEARS DAY	2 Chicken nuggets (V) Veggie nuggets^ Potato soup Whole wheat bread/butter* Fresh fruit	3 (V) Whole grain pizza* Garden salad Fresh fruit
6 Chicken Alfredo with tri-color pasta (V) Tri-color pasta alfredo Salad Fresh fruit	7 (V) Whole grain cheese melt * Tomato alphabet soup Fresh fruit	8 Spaghetti & meat sauce* (V) Spaghetti & tomato sauce w/ soy #^ Grated cheese Spinach salad Fresh fruit	9 Chicken thigh w/gravy (V) Picadillo^ Peas Whole wheat bread/butter * Fresh fruit	10 Turkey taco w/whole wheat Tortilla* (V) Beans & brown rice burrito*^ Corn Grated cheese Fresh fruit
13 Dirty brown rice with beef* (V) Dirty brown rice^ Spinach salad Fresh fruit	14 Bean, corn, & chicken quesadilla (V) Bean, corn & cheese quesadilla With whole wheat tortilla * Green Beans Fresh fruit	15 Stuffing topped chicken pot pie Apple coleslaw (V) Black bean tortilla soup^ Whole wheat bread/butter* Fresh fruit	16 Turkey meatloaf (V) French lentils w/ thyme^ Mashed sweet potatoes Whole wheat bread/butter* Fresh fruit	17 (V) Lasagna Tossed salad Fresh fruit
20 CLOSED FOR MLK JR DAY	21 Whole wheat ziti with chicken * (V) Lentil penne & tomato sauce w/ soy *#^ Grated cheese Tossed salad Fresh fruit	22 (V) Beans & Brown rice^ Tossed salad Tortilla* 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 Roll Fresh fruit	28 Chicken chili (V) Veg out chili^ Broccoli & cheese salad Whole wheat bread/butter* Fresh fruit	29 Hamburger slider (V) Black bean burger #^ Bean medley Roll Fresh fruit	30 Chicken parmesan (V) Elbows, tomato sauce w/ soy*^ Zucchini & yellow squash Whole wheat bread/butter* Fresh fruit	31 (V) Whole wheat macaroni & cheese* Mixed vegetables Fresh fruit

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 ^Vegan



February 2025 – Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
3 Whole wheat Turk-a-roni* (V) White bean mushroom soup^ Grated cheese Southwest salad Fresh fruit	4 Maryland-style chicken (V) Broccoli & cheddar quinoa w/brown rice * Sugar snaps & carrots Whole wheat bread/butter* Fresh fruit	5 Chicken patty (V) Veggie nuggets^ Tuscan bean and garlic soup Whole wheat bread/butter* Fresh fruit	6 (V) Whole grain pizza* Garden salad Fresh fruit	7 (V) Spinach manicotti Winter blend vegetables Whole wheat bread/butter* Fresh fruit
10 Chicken Alfredo with tri-color pasta (V) Tri-color pasta alfredo Salad Fresh fruit	11 (V) Whole grain cheese melt * Tomato alphabet soup Fresh fruit	12 Spaghetti & meat sauce* (V) Spaghetti & tomato sauce w/ soy #^ Grated cheese Spinach salad Fresh fruit	13 Chicken thigh w/gravy (V) Picadillo^ Peas Whole wheat bread/butter * Fresh fruit	14 Turkey taco w/whole wheat Tortilla* (V) Beans & brown rice burrito*^ Corn Grated cheese Fresh fruit
17 CLOSED FOR PRESIDENT'S DAY	18 Dirty brown rice with beef* (V) Dirty brown rice^ Spinach salad Fresh fruit	19 Stuffing topped chicken pot pie Apple coleslaw (V) Black bean tortilla soup^ Whole wheat bread/butter* Fresh fruit	20 Turkey meatloaf (V) French lentils w/ thyme^ Mashed sweet potatoes Whole wheat bread/butter* Fresh fruit	21 (V) Lasagna Tossed salad Fresh fruit
24 Whole wheat ziti with chicken * (V) Lentil penne & tomato sauce w/ soy *#^ Grated cheese Tossed salad Fresh fruit	25 (V) Beans & Brown rice^ Tossed salad Tortilla* Fresh fruit	26 Shepherd's Pie (V) Chickpea curry with potatoes^ Pineapple/mango coleslaw Whole wheat bread/butter* Fresh fruit	27 (V) Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit	28 BBQ chicken leg (V) Mushroom stroganoff ^ California blend vegetables 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



March 2025 – Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
3 Turkey sloppy joe (V) Vegetarian sloppy joe ^ Corn & edamame Roll Fresh fruit	4 Chicken chili (V) Veg out chili^ Broccoli & cheese salad Whole wheat bread/butter* Fresh fruit	5 Hamburger slider (V) Black bean burger #^ Bean medley Roll Fresh fruit	6 Chicken parmesan (V) Elbows, tomato sauce w/ soy*^ Zucchini & yellow squash 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 Maryland-style chicken (V) Broccoli & cheddar quinoa w/brown rice * Sugar snaps & carrots Whole wheat bread/butter* Fresh fruit	12 Chicken nuggets (V) Veggie nuggets^ Potato soup Whole wheat bread/butter* Fresh fruit	13 (V) Whole grain pizza* Garden salad Fresh fruit	14 (V) Spinach manicotti Winter blend vegetables Whole wheat bread/butter* Fresh fruit
17 Chicken Alfredo with tri-color pasta (V) Tri-color pasta alfredo Salad Fresh fruit	18 (V) Whole grain cheese melt * Tomato alphabet soup Fresh fruit	19 Spaghetti & meat sauce* (V) Spaghetti & tomato sauce w/ soy #^ Grated cheese Spinach salad Fresh fruit	20 Chicken thigh w/gravy (V) Picadillo^ Peas Whole wheat bread/butter * Fresh fruit	21 Turkey taco w/whole wheat Tortilla* (V) Beans & brown rice burrito*^ Corn Grated cheese Fresh fruit
24 Dirty brown rice with beef* (V) Dirty brown rice^ Spinach salad Fresh fruit	25 Bean, corn, & chicken quesadilla (V) Bean, corn & cheese quesadilla With whole wheat tortilla * Green Beans Fresh fruit	26 Stuffing topped chicken pot pie Apple coleslaw (V) Black bean tortilla soup^ Whole wheat bread/butter* Fresh fruit	27 Turkey meatloaf (V) French lentils w/ thyme^ Mashed sweet potatoes Whole wheat bread/butter* Fresh fruit	28 (V) Lasagna Tossed salad Fresh fruit
31 Whole wheat ziti with chicken * (V) Lentil penne & tomato sauce w/ soy *#^ Grated cheese 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>

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 ^Vegan



April 2025 – Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
	1 (V) Beans & Brown rice^ Tossed salad Tortilla* Fresh fruit	2 Shepherd's Pie (V) Chickpea curry with potatoes^ Pineapple/mango coleslaw Whole wheat bread/butter* Fresh fruit	3 (V) Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit	4 BBQ chicken leg (V) Mushroom stroganoff ^ California blend vegetables Whole wheat bread/butter* Fresh fruit
7 Turkey sloppy joe (V) Vegetarian sloppy joe ^ Corn & edamame Roll Fresh fruit	8 Chicken chili (V) Veg out chili^ Broccoli & cheese salad Whole wheat bread/butter* Fresh fruit	9 Hamburger slider (V) Black bean burger #^ Bean medley Roll Fresh fruit	10 Chicken parmesan (V) Elbows, tomato sauce w/ soy*^ Zucchini & yellow squash Whole wheat bread/butter* Fresh fruit	11 (V) Whole wheat macaroni & cheese* Mixed vegetables Fresh fruit
14 Whole wheat Turk-a-roni* (V) White bean mushroom soup^ Grated cheese Southwest salad Fresh fruit	15 Maryland-style chicken (V) Broccoli & cheddar quinoa w/brown rice * Sugar snaps & carrots Whole wheat bread/butter* Fresh fruit	16 Chicken patty (V) Veggie nuggets^ Tuscan bean and garlic soup Whole wheat bread/butter* Fresh fruit	17 (V) Whole grain pizza* Garden salad Fresh fruit	18 (V) Spinach manicotti Winter blend vegetables Whole wheat bread/butter* Fresh fruit
21 Chicken Alfredo with tri-color pasta (V) Tri-color pasta alfredo Salad Fresh fruit	22 (V) Whole grain cheese melt * Tomato alphabet soup Fresh fruit	23 Spaghetti & meat sauce* (V) Spaghetti & tomato sauce w/ soy #^ Grated cheese Spinach salad Fresh fruit	24 Chicken thigh w/gravy (V) Picadillo^ Peas Whole wheat bread/butter * Fresh fruit	25 Turkey taco w/whole wheat Tortilla* (V) Beans & brown rice burrito*^ Corn Grated cheese Fresh fruit
28 Dirty brown rice with beef* (V) Dirty brown rice^ Spinach salad Fresh fruit	29 Bean, corn, & chicken quesadilla (V) Bean, corn & cheese quesadilla With whole wheat tortilla * Green Beans Fresh fruit	30 Stuffing topped chicken pot pie Apple coleslaw (V) Black bean tortilla soup^ 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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May 2025 – 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 Turkey meatloaf (V) French lentils w/ thyme^ Mashed sweet potatoes Whole wheat bread/butter* 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 (V) Beans & Brown rice^ Tossed salad Tortilla* Fresh fruit	7 Shepherd's Pie (V) Chickpea curry with potatoes^ Pineapple/mango coleslaw Whole wheat bread/butter* Fresh fruit	8 (V) Ravioli w/olive oil, tomato sauce & fresh basil Peas 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 Roll Fresh fruit	13 Chicken chili (V) Veg out chili^ Broccoli & cheese salad Whole wheat bread/butter* Fresh fruit	14 Hamburger slider (V) Black bean burger #^ Bean medley Roll Fresh fruit	15 Chicken parmesan (V) Elbows, tomato sauce w/ soy*^ Zucchini & yellow squash Whole wheat bread/butter* Fresh fruit	16 (V) Whole wheat macaroni & cheese* Mixed vegetables Fresh fruit
19 Whole wheat Turk-a-roni* (V) White bean mushroom soup^ Grated cheese Southwest salad Fresh fruit	20 Maryland-style chicken (V) Broccoli & cheddar quinoa w/brown rice * Sugar snaps & carrots Whole wheat bread/butter* Fresh fruit	21 Chicken nuggets (V) Veggie nuggets^ Potato soup Whole wheat bread/butter* Fresh fruit	22 (V) Whole grain pizza* Garden salad Fresh fruit	23 (V) Spinach manicotti Winter blend vegetables Whole wheat bread/butter* Fresh fruit
26 CLOSED FOR MEMORIAL DAY	27 Chicken Alfredo with tri-color pasta (V) Tri-color pasta alfredo Salad Fresh fruit	28 (V) Whole grain cheese melt * Tomato alphabet soup Fresh fruit	29 Spaghetti & meat sauce* (V) Spaghetti & tomato sauce w/ soy #^ Grated cheese Spinach salad 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



June 2025 – Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
2 Dirty brown rice with beef* (V) Dirty brown rice^ Spinach salad Fresh fruit	3 Bean, corn, & chicken quesadilla (V) Bean, corn & cheese quesadilla With whole wheat tortilla * Green Beans Fresh fruit	4 Stuffing topped chicken pot pie Apple coleslaw (V) Black bean tortilla soup^ Whole wheat bread/butter* Fresh fruit	5 Turkey meatloaf (V) French lentils w/ thyme^ Mashed sweet potatoes Whole wheat bread/butter* Fresh fruit	6 (V) Lasagna Tossed salad Fresh fruit
9 Whole wheat ziti with chicken * (V) Lentil penne & tomato sauce w/ soy *#^ Grated cheese Tossed salad Fresh fruit	10 (V) Beans & Brown rice^ Tossed salad Tortilla* Fresh fruit	11 Shepherd's Pie (V) Chickpea curry with potatoes^ Pineapple/mango coleslaw Whole wheat bread/butter* Fresh fruit	12 (V) Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit	13 BBQ chicken leg (V) Mushroom stroganoff ^ California blend vegetables Whole wheat bread/butter* Fresh fruit
16 Turkey sloppy joe (V) Vegetarian sloppy joe ^ Corn & edamame Roll Fresh fruit	17 Chicken chili (V) Veg out chili^ Broccoli & cheese salad Whole wheat bread/butter* Fresh fruit	18 Hamburger slider (V) Black bean burger #^ Bean medley Roll Fresh fruit	19 Chicken parmesan (V) Elbows, tomato sauce w/ soy*^ Zucchini & yellow squash Whole wheat bread/butter* Fresh fruit	20 (V) Whole wheat macaroni & cheese* Mixed vegetables Fresh fruit
23 Whole wheat Turk-a-roni* (V) White bean mushroom soup^ Grated cheese Southwest salad Fresh fruit	24 Maryland-style chicken (V) Broccoli & cheddar quinoa w/brown rice * Sugar snaps & carrots Whole wheat bread/butter* Fresh fruit	25 Chicken patty (V) Veggie nuggets^ Tuscan bean and garlic soup Whole wheat bread/butter* Fresh fruit	26 (V) Whole grain pizza* Garden salad Fresh fruit	27 (V) Spinach manicotti Winter blend vegetables Whole wheat bread/butter* Fresh fruit
30 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



July 2025 – Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
<i>Age-appropriate milk must be served with lunch</i>	1 (V) Whole grain cheese melt * Tomato alphabet soup Fresh fruit	2 Spaghetti & meat sauce* (V) Spaghetti & tomato sauce w/ soy #^ Grated cheese Spinach salad Fresh fruit	3 Turkey taco w/whole wheat Tortilla* (V) Beans & brown rice burrito*^ Corn Grated cheese Fresh fruit	4 CLOSED FOR INDEPENDENCE DAY
7 Dirty brown rice with beef* (V) Dirty brown rice^ Spinach salad Fresh fruit	8 Bean, corn, & chicken quesadilla (V) Bean, corn & cheese quesadilla With whole wheat tortilla * Green Beans Fresh fruit	9 Stuffing topped chicken pot pie Apple coleslaw (V) Black bean tortilla soup^ Whole wheat bread/butter* Fresh fruit	10 Turkey meatloaf (V) French lentils w/ thyme^ Mashed sweet potatoes Whole wheat bread/butter* 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 (V) Beans & Brown rice^ Tossed salad Tortilla* Fresh fruit	16 Shepherd's Pie (V) Chickpea curry with potatoes^ Pineapple/mango coleslaw Whole wheat bread/butter* Fresh fruit	17 (V) Ravioli w/olive oil, tomato sauce & fresh basil Peas 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 Roll Fresh fruit	22 Chicken chili (V) Veg out chili^ Broccoli & cheese salad Whole wheat bread/butter* Fresh fruit	23 Hamburger slider (V) Black bean burger #^ Bean medley Roll Fresh fruit	24 Chicken parmesan (V) Elbows, tomato sauce w/ soy*^ Zucchini & yellow squash 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 Maryland-style chicken (V) Broccoli & cheddar quinoa w/brown rice * Sugar snaps & carrots Whole wheat bread/butter* Fresh fruit	30 Chicken nuggets (V) Veggie nuggets^ Potato soup Whole wheat bread/butter* Fresh fruit	31 (V) Whole grain pizza* Garden salad 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

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August 2025 – 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) Spinach manicotti Winter blend vegetables Whole wheat bread/butter* Fresh fruit
4 Chicken Alfredo with tri-color pasta (V) Tri-color pasta alfredo Salad Fresh fruit	5 (V) Whole grain cheese melt * Tomato alphabet soup Fresh fruit	6 Spaghetti & meat sauce* (V) Spaghetti & tomato sauce w/ soy #^ Grated cheese Spinach salad Fresh fruit	7 Chicken thigh w/gravy (V) Picadillo^ Peas Whole wheat bread/butter * Fresh fruit	8 Turkey taco w/whole wheat Tortilla* (V) Beans & brown rice burrito*^ Corn Grated cheese Fresh fruit
11 Dirty brown rice with beef* (V) Dirty brown rice^ Spinach salad Fresh fruit	12 Bean, corn, & chicken quesadilla (V) Bean, corn & cheese quesadilla With whole wheat tortilla * Green Beans Fresh fruit	13 Stuffing topped chicken pot pie Apple coleslaw (V) Black bean tortilla soup^ Whole wheat bread/butter* Fresh fruit	14 Turkey meatloaf (V) French lentils w/ thyme^ Mashed sweet potatoes Whole wheat bread/butter* 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 (V) Beans & Brown rice^ Tossed salad Tortilla* Fresh fruit	20 Shepherd's Pie (V) Chickpea curry with potatoes^ Pineapple/mango coleslaw Whole wheat bread/butter* Fresh fruit	21 (V) Ravioli w/olive oil, tomato sauce & fresh basil Peas 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 Roll Fresh fruit	26 Chicken chili (V) Veg out chili^ Broccoli & cheese salad Whole wheat bread/butter* Fresh fruit	27 Hamburger slider (V) Black bean burger #^ Bean medley Roll Fresh fruit	28 Chicken parmesan (V) Elbows, tomato sauce w/ soy*^ Zucchini & yellow squash Whole wheat bread/butter* Fresh fruit	29 (V) Whole wheat macaroni & cheese* Mixed vegetables Fresh fruit

(V) Vegetarian meal
#Gluten free

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^Vegan