

July Lunch

NO FRIED FOODS!!

| Monday, July 1, 2024 | Tuesday, July 2, 2024 | Wednesday, July 3, 2024 | Thursday, July 4, 2024 | Friday, July 5, 2024 |
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| Mega Mac & Cheese - <u>V, EF</u> Pasta Green Beans Cantaloupe <u>GF: GF Pasta w/ Cheese Sauce</u> <u>Vegan, DF: Cheesy Vegan Pasta</u> | Red Pepper Turkey - <u>EF, GF</u> Whole Grain Brown Rice Broccoli Bananas <u>V, Vegan: Tofu w/ DF Sauce</u> <u>DF: Turkey w/ DF Sauce</u> | BBQ Chicken Salad - <u>DF, EF</u> Mini Hoagie Blanched Baby Carrots Honeydew <u>V, Vegan: Sunbutter and Jelly</u> <u>GF: Entrée w/ GF Bread</u> | Happy 4th of July! | Pizza Day - <u>V, EF</u> Flour Pizza Crust Cucumbers Fruit Salad <u>DF: Pizza w/Turkey Pepperoni</u> <u>GF: Gluten Free Pizza w/ Cheese</u> <u>Vegan: Pizza w/ Vegan Cheese</u> |
| Monday, July 8, 2024 | Tuesday, July 9, 2024 | Wednesday, July 10, 2024 | Thursday, July 11, 2024 | Friday, July 12, 2024 |
| Pasta Alfredo - <u>V, EF</u> Pasta Sliced Carrots Honeydew <u>DF, Vegan: Pasta Marinara Vegan Cheese</u> <u>GF: GF Pasta Alfredo</u> | Chicken Chickpea Gyros - <u>EF</u> Pita Bread Green Beans Bananas <u>V, Vegan, DF: Chickpea and Veggie Gyros</u> <u>GF: Corn Tortilla</u> | Turkey Paella - <u>DF, EF, GF</u> Turmeric Rice Peas and Carrots Cantaloupe <u>V, Vegan: Tofu Paella</u> | Cheesy Chicken Philly - <u>EF</u> Mini Hoagie Broccoli Pineapple <u>DF: DF Chicken Philly</u> <u>V, Vegan: White Bean Philly</u> <u>GF: White Rice</u> | Cheesy Italian Pasta - <u>V, EF</u> Cucumbers Fruit Salad <u>Vegan, DF: Pasta Marinara Vegan Cheese</u> <u>GF: Entrée w/ GF Pasta</u> |
| Monday, July 15, 2024 | Tuesday, July 16, 2024 | Wednesday, July 17, 2024 | Thursday, July 18, 2024 | Friday, July 19, 2024 |
| Swedish Meatballs Wheat Bread Sliced Carrots Honeydew <u>V, Vegan, DF, EF, GF:</u> <u>Veggie Meatballs</u> <u>GF: Gluten Free Bread</u> | Taco Tuesday! - <u>EF</u> Flour Tortillas Lettuce, Salsa Bananas <u>V, Vegan: Veggie & Bean Taco</u> <u>GF: Corn Tortilla</u> | Pasta w/ Meat Sauce - <u>DF, EF</u> Pasta Peas and Carrots Watermelon <u>V: Cheesy Italian Pasta</u> <u>Vegan: Pasta Marinara Vegan Cheese</u> <u>GF: Entrée w/ GF Pasta</u> | Cheesy Chicken Broccoli - <u>EF, GF</u> Whole Grain Brown Rice Broccoli Cantaloupe <u>V, Vegan: Tofu Broccoli Casserole</u> <u>DF: DF Chicken Broccoli Casserole</u> | Pizza Day - <u>V, EF</u> Flour Pizza Crust Cucumbers Fruit Salad <u>DF: Pizza w/Turkey Pepperoni</u> <u>GF: Gluten Free Pizza w/ Cheese</u> <u>Vegan: Pizza w/ Vegan Cheese</u> |
| Monday, July 22, 2024 | Tuesday, July 23, 2024 | Wednesday, July 24, 2024 | Thursday, July 25, 2024 | Friday, July 26, 2024 |
| Creamy Pesto Pasta - <u>V, EF</u> Pasta Sliced Carrots Cantaloupe <u>DF, Vegan: DF Pesto Pasta w/ Vegan Cheese</u> <u>GF: GF Creamy Pesto Pasta</u> | Chicken Broccoli Teriyaki - <u>DF, EF, GF</u> White Rice Broccoli Bananas <u>V, Vegan: Tofu Broccoli Teriyaki</u> | Turkey Lentil Sloppy Joes - <u>DF, EF</u> Dinner Roll Cauliflower Watermelon <u>V, Vegan: Lentil & Bean Sloppy Joe</u> <u>GF: Gluten Free Bread</u> | Red Pepper Chicken - <u>EF, GF</u> Whole Grain Brown Rice Green Beans Honeydew <u>V, Vegan: Tofu w/ DF Sauce</u> <u>DF: Chicken w/ DF Sauce</u> | Spaghetti and Meatballs Spaghetti Cucumbers Fruit Salad <u>V, EF: Cheesy Italian Pasta</u> <u>Vegan, DF: Pasta Marinara Vegan Cheese</u> <u>GF: GF Cheesy Italian Pasta</u> |
| Monday, July 29, 2024 | Tuesday, July 30, 2024 | Wednesday, July 31, 2024 | Thursday, August 1, 2024 | Friday, August 2, 2024 |
| Mega Mac & Cheese - <u>V, EF</u> Pasta Green Beans Honeydew <u>GF: GF Pasta w/ Cheese Sauce</u> <u>Vegan, DF: Cheesy Vegan Pasta</u> | Chicken Fajitas - <u>DF, EF</u> Flour Tortillas Broccoli Bananas <u>V, Vegan: Bean Fajitas</u> <u>GF: Corn Tortilla</u> | Teriyaki Meatballs Vegetable Rice Pineapple <u>V, Vegan: Tofu Teriyaki</u> <u>DF, EF, GF: Chicken Teriyaki</u> | BBQ Chicken Quinoa - <u>DF, EF</u> Dinner Roll Cauliflower Cantaloupe <u>V, Vegan: BBQ Tofu</u> <u>GF: Gluten Free Bread</u> | Pizza Day - <u>V, EF</u> Flour Pizza Crust Cucumbers Fruit Salad <u>DF: Pizza w/Turkey Pepperoni</u> <u>GF: Gluten Free Pizza w/ Cheese</u> <u>Vegan: Pizza w/ Vegan Cheese</u> |