



July Lunch

NO FRIED FOODS!!

| Monday, June 30, 2025 | Tuesday, July 1, 2025 | Wednesday, July 2, 2025 | Thursday, July 3, 2025 | Friday, July 4, 2025 |
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| Italian Meatball Sub Mini Hoagie Peas and Carrots Cantaloupe <u>V, Vegan, DF, EF, GF: Veggie Meatball Sub</u> <u>GF: Whole Grain Brown Rice</u> | Pasta Alfredo - <u>V, EF</u> Pasta Broccoli Honeydew <u>DF, Vegan: Pasta Marinara Vegan Cheese</u> <u>GF: GF Pasta Alfredo</u> | Turkey Paella - <u>DF, EF, GF</u> Turmeric Rice Cauliflower Watermelon <u>V, Vegan: Tofu Paella</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> | Happy Fourth of July! |
| Monday, July 7, 2025 | Tuesday, July 8, 2025 | Wednesday, July 9, 2025 | Thursday, July 10, 2025 | Friday, July 11, 2025 |
| Creamy Pesto Pasta - <u>V, EF</u> Pasta Sliced Carrots Honeydew <u>DF, Vegan: DF Pesto Pasta w/ Vegan Cheese</u> <u>GF: GF Creamy Pesto Pasta</u> | Cheesy Chicken Broccoli - <u>EF, GF</u> Whole Grain Brown Rice Broccoli Bananas <u>DF: DF Chicken Broccoli Casserole</u> <u>V, Vegan: Tofu Broccoli Casserole</u> | Turkey Lentil Sloppy Joes - <u>DF, EF</u> Dinner Roll Peas and Carrots Cantaloupe <u>V, Vegan: Lentil & Bean Sloppy Joe</u> <u>GF: White Rice</u> | Swedish Meatballs Mashed Potatoes Cucumber Dill Salad Watermelon <u>V, Vegan, DF, EF, GF: Veggie Meatballs</u> <u>Vegan, DF: Roasted Potatoes</u> | Chicken Parmesan Sub - <u>EF</u> Mini Hoagie Green Beans Fruit Salad <u>V, Vegan, DF: Veggie Meatball Sub</u> <u>GF: Whole Grain Brown Rice</u> |
| Monday, July 14, 2025 | Tuesday, July 15, 2025 | Wednesday, July 16, 2025 | Thursday, July 17, 2025 | Friday, July 18, 2025 |
| Teriyaki Meatballs Vegetable Rice Honeydew <u>V, Vegan: Tofu Teriyaki</u> <u>DF, EF, GF: Chicken Teriyaki</u> | Chicken Fajitas - <u>DF, EF</u> Flour Tortillas Cauliflower Bananas <u>V, Vegan: Bean Fajitas</u> <u>GF: Corn Tortilla</u> | Pasta w/ Meat Sauce - <u>DF, EF</u> Pasta Sliced Carrots Cantaloupe <u>V, Vegan: Pasta Marinara Vegan Cheese</u> <u>GF: Entrée w/ GF Pasta</u> | BBQ Chicken Quinoa - <u>DF, EF</u> Dinner Roll Broccoli Pineapple <u>V, Vegan: BBQ Tofu</u> <u>GF: Whole Grain Brown Rice</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 21, 2025 | Tuesday, July 22, 2025 | Wednesday, July 23, 2025 | Thursday, July 24, 2025 | Friday, July 25, 2025 |
| Mega Mac & Cheese - <u>V, EF</u> Pasta Peas and Carrots Honeydew <u>GF: GF Pasta w/ Cheese Sauce</u> <u>Vegan, DF: Cheesy Vegan Pasta</u> | Taco Tuesday! - <u>EF</u> Flour Tortillas Lettuce, Salsa Bananas <u>V, Vegan: Veggie & Bean Taco</u> <u>GF: Corn Tortilla</u> | Maui Chicken - <u>DF, EF, GF</u> White Rice Broccoli Pineapple <u>V, Vegan: Maui Tofu</u> | Summer Salad w/ Grilled Chicken Ranch and Balsamic (on the side) Sliced French Bread Lettuce, Cucumbers, Carrots Watermelon <u>V, Vegan: Summer Salad w/ Chickpeas</u> <u>GF: GF Pasta (on the side)</u> | Pepperoni Pizza Pasta - <u>EF</u> Pasta Sliced Carrots Fruit Salad <u>V, Vegan, DF: Veggie Pizza Pasta</u> <u>GF: GF Pepperoni Pizza Pasta</u> |
| Monday, July 28, 2025 | Tuesday, July 29, 2025 | Wednesday, July 30, 2025 | Thursday, July 31, 2025 | Friday, August 1, 2025 |
| Pasta Fagioli - <u>V, Vegan, DF, EF</u> (Parmesan Cheese on the Side) Sliced Carrots Honey Dew <u>GF: Entrée w/ GF Pasta</u> | Chicken Chickpea Gyros - <u>EF</u> Pita Bread Broccoli Bananas <u>V, Vegan, DF: Chickpea and Veggie Gyros</u> <u>GF: Whole Grain Brown Rice</u> | Red Pepper Turkey - <u>EF, GF</u> Whole Grain Brown Rice Cauliflower Cantaloupe <u>V, Vegan: Tofu w/ DF Sauce</u> <u>DF: Turkey w/ DF Sauce</u> | Cheesy Chicken Philly - <u>EF</u> Mini Hoagie Green Beans Pineapple <u>DF: DF Chicken Philly</u> <u>V, Vegan: White Bean Philly</u> <u>GF: White Rice</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> |

All meals prepared in a facility that handles wheat and wheat-based products