



July Menu

NO FRIED FOODS!!

Monday, June 29, 2026	Tuesday, June 30, 2026	Wednesday, July 01, 2026	Thursday, July 02, 2026	Friday, July 03, 2026
Mega Mac & Cheese - V, EF Pasta Sliced Carrots Honeydew GF: GF Pasta w/ Cheese Sauce Vegan, DF: Cheesy Vegan Pasta	Creamy Curry Chicken - EF, GF White Rice Cucumber Dill Salad Bananas V, Vegan, DF: Coconut Curry Tofu	BBQ Meatballs Mini Hoagie Green Beans Cantaloupe V, Vegan, DF, EF, GF: BBQ Veggie Meatballs GF: White Rice	Pizza Day - V, EF Flour Pizza Crust Cucumbers Fruit Salad DF: Pizza w/Turkey Pepperoni GF: Gluten Free Pizza w/ Cheese Vegan: Pizza w/ Vegan Cheese	Happy Fourth of July! HOK closed in observance of Independence Day. If your center is open, lunch arrangements can be made upon request.
Monday, July 06, 2026	Tuesday, July 07, 2026	Wednesday, July 08, 2026	Thursday, July 09, 2026	Friday, July 10, 2026
Creamy Pesto Pasta - V, EF Pasta Peas and Carrots Cantaloupe DF, Vegan: DF Pesto Pasta w/ Vegan Cheese GF: GF Creamy Pesto Pasta	Cheesy Chicken Broccoli - EF, GF Whole Grain Brown Rice Broccoli Bananas V, Vegan, DF: Tofu Broccoli Casserole	Turkey Lentil Sloppy Joes - DF, EF Dinner Roll Cucumber Watermelon Salad V, Vegan: Lentil & Bean Sloppy Joe GF: White Rice	Chicken Verde - DF, EF, GF White Rice Cauliflower Honeydew V, Vegan: Black Bean Salad	Chicken Parmesan Sub - EF Mini Hoagie Green Beans Fruit Salad V, Vegan, DF: Veggie Meatball Sub GF: Whole Grain Brown Rice
Monday, July 13, 2026	Tuesday, July 14, 2026	Wednesday, July 15, 2026	Thursday, July 16, 2026	Friday, July 17, 2026
Cheesy Red Pepper Pasta - V, EF Pasta Sliced Carrots Honeydew Vegan, DF: Chickpea Pasta w/ DF Red Pepper Sauce GF: GF Cheesy Red Pepper Pasta	Turkey Taco Tuesday! - EF Flour Tortillas Lettuce, Salsa, Cheese Bananas V, Vegan: Veggie & Bean Taco GF: Corn Tortilla	Cheesy Chicken Philly - EF Mini Hoagie Peas and Carrots Cantaloupe V, Vegan, DF: White Bean Philly GF: White Rice	Turkey Paella - DF, EF, GF Turmeric Rice Broccoli Watermelon V, Vegan: Tofu Paella	Pizza Day - V, EF Flour Pizza Crust Cucumbers Fruit Salad DF: Pizza w/Turkey Pepperoni GF: Gluten Free Pizza w/ Cheese Vegan: Pizza w/ Vegan Cheese
Monday, July 20, 2026	Tuesday, July 21, 2026	Wednesday, July 22, 2026	Thursday, July 23, 2026	Friday, July 24, 2026
Pasta Alfredo - V, EF Pasta Sliced Carrots Honeydew DF, Vegan: Pasta Marinara Vegan Cheese GF: GF Pasta Alfredo	Teriyaki Chicken - DF, EF, GF Vegetable Rice (Peas and Carrots) Bananas V, Vegan: Tofu Teriyaki	Swedish Meatballs Mashed Potatoes Green Beans Watermelon V, Vegan, DF, EF, GF: Veggie Meatballs Vegan, DF: Roasted Potatoes	Chicken Chickpea Gyros - EF Pita Bread Broccoli Cantaloupe V, Vegan, DF: Chickpea and Veggie Gyros GF: Whole Grain Brown Rice	Pepperoni Pizza Pasta - EF Pasta Cauliflower Fruit Salad V, Vegan, DF: Veggie Pizza Pasta GF: GF Veggie Pizza Pasta
Monday, July 27, 2026	Tuesday, July 28, 2026	Wednesday, July 29, 2026	Thursday, July 30, 2026	Friday, July 31, 2026
Mega Mac & Cheese - V, EF Pasta Sliced Carrots Honeydew GF: GF Pasta w/ Cheese Sauce Vegan, DF: Cheesy Vegan Pasta	Chicken Fajitas - DF, EF Flour Tortillas Broccoli Bananas V, Vegan: Bean Fajitas GF: Corn Tortilla	Italian Meatball Sub Mini Hoagie Green Beans Cantaloupe V, Vegan, DF, EF, GF: Veggie Meatball Sub GF: Whole Grain Brown Rice	BBQ Chicken Salad - DF, EF Wheat Bread Peas and Carrots Watermelon V, Vegan: Sunbutter and Jelly Sandwich GF: Entrée w/ Gluten Free Bread	Pizza Day - V, EF Flour Pizza Crust Cucumbers Fruit Salad DF: Pizza w/Turkey Pepperoni GF: Gluten Free Pizza w/ Cheese Vegan: Pizza w/ Vegan Cheese

Disclaimer: For a complete list of ingredients, please refer to the official ingredient list provided.
All meals prepared in a facility that handles wheat and wheat-based products