

June Lunch

NO FRIED FOODS!!

Monday, June 5, 2023	Tuesday, June 6, 2023	Wednesday, June 7, 2023	Thursday, June 8, 2023	Friday, June 9, 2023
Meatball Slider Dinner Roll Sliced Carrots Honey Dew <u>V, Vegan, DF, EF: Tofu Slider</u> <u>GF: Tofu Slider w/GF Bread</u>	Mega Mac & Cheese - <u>V, EF</u> Pasta Peas and Carrots Bananas <u>GF: GF Pasta w/ GF Sauce</u> <u>Vegan, DF: Cheesy Vegan</u> <u>Pasta</u>	Turkey Gyros - <u>EF</u> Pita Bread (Tzatziki on the side) Green Beans Watermelon <u>V, Vegan: Chickpea and</u> <u>Veggie Gyros</u> <u>GF: Corn Tortilla</u>	Maui Chicken - <u>DF, EF, GF</u> White Rice Broccoli Pineapple <u>V, Vegan: Maui Tofu</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, June 12, 2023	Tuesday, June 13, 2023	Wednesday, June 14, 2023	Thursday, June 15, 2023	Friday, June 16, 2023
Spaghetti w/ Meat Sauce - <u>DF, EF</u> Spaghetti Peas and Carrots Cantaloupe <u>V: Cheesy Italian Pasta</u> <u>Vegan: Pasta Marinara Vegan Cheese</u> <u>GF: Entrée w/ GF Pasta</u>	Taco Tuesday! - <u>EF</u> Flour Tortillas Lettuce, Salsa Bananas <u>V, Vegan: Veggie & Bean Taco</u> <u>GF: Corn Tortilla</u>	Chicken Jambalaya - <u>DF, EF, GF</u> Whole Grain Brown Rice Sliced Carrots Watermelon <u>V, Vegan: Tofu Jambalaya</u>	<u>Brunch Time!</u> Turkey Sausage Patties HOK Pancakes HOK Hash Browns Honey Dew <u>V, Vegan - Black Bean Breakfast Patty</u> <u>Vegan, DF, EF, GF: GF Vegan Pancakes</u>	BBQ Pulled Chicken - <u>DF, EF</u> Dinner Roll Cucumbers Fruit Salad <u>V, Vegan: BBQ Tofu</u> <u>GF: Gluten Free Bread</u>
Monday, June 19, 2023	Tuesday, June 20, 2023	Wednesday, June 21, 2023	Thursday, June 22, 2023	Friday, June 23, 2023
Pasta Alfredo - <u>V, EF</u> Pasta Sliced Carrots Cantaloupe <u>DF, Vegan: Pasta Marinara w/</u> <u>Vegan Cheese</u> <u>GF: GF Pasta Alfredo</u>	Chicken Paella - <u>DF, EF, GF</u> Turmeric Rice Peas and Carrots Bananas <u>V, Vegan: Tofu Paella</u>	Turkey Chili - <u>DF, EF</u> French Bread Broccoli Pineapple <u>V, Vegan: Three Bean Chili</u> <u>GF: Gluten Free Bread</u>	Philly Chicken Cheesesteak - <u>EF</u> Mini Hoagie Peppers and Onions Honey Dew <u>DF: DF Chicken Cheesesteak</u> <u>V, Vegan: Veggie Bean Cheesesteak</u> <u>GF: Corn Tortilla</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, June 26, 2023	Tuesday, June 27, 2023	Wednesday, June 28, 2023	Thursday, June 29, 2023	Friday, June 30, 2023
Swedish Meatballs Wheat Bread Peas and Carrots Honey Dew <u>V, Vegan, DF, EF, GF:</u> <u>Veggie Meatballs</u> <u>GF: Gluten Free Bread</u>	Red Pepper Chicken - <u>EF, GF</u> White Rice Green Beans Bananas <u>V, Vegan: Tofu w/ DF Sauce</u> <u>DF: Chicken w/ DF Sauce</u>	Turkey Sloppy Joes - <u>DF, EF</u> Dinner Roll Roasted Sweet Potatoes Cantaloupe <u>V, Vegan: Lentil & Bean Sloppy Joe</u> <u>GF: Gluten Free Bread</u>	Cheesy Chicken Broccoli - <u>EF, GF</u> Whole Grain Brown Rice Broccoli Watermelon <u>DF: DF Chicken Broccoli Casserole</u> <u>V, Vegan: Tofu Broccoli Casserole</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>