

June Lunch

NO FRIED FOODS!!

	Activities of the Contract of			NO FRIED FOODS::
Monday, May 31, 2021	Tuesday, June 1, 2021	Wednesday, June 2, 2021	Thursday, June 3, 2021	Friday, June 4, 2021
	Mega Mac & Cheese	Chicken Teriyaki - DF, EF, GF	Spaghetti w/ Meat Sauce - DF, EF	Pizza Day - V, EF
	V, EF	Whole Grain Brown Rice	Sliced Carrots	Flour Pizza Crust
Memorial Day	Green Beans	Peas and Carrots	Pineapple	Cucumbers
	Watermelon	Honey Dew	V: Cheesy Italian Pasta	Fruit Salad
	GF: GF Pasta w/ GF Sauce	V, Vegan: Tofu Teriyaki	Vegan: Pasta Marinara &	DF: Pizza w/Turkey Pepperoni
	Vegan, DF: Cheesy Vegan		Vegan Cheese	GF: Gluten Free Pizza w/ Cheese
	Pasta		GF: Entrée w/ GF Pasta	Vegan: Pizza w/ Vegan Cheese
Monday, June 7, 2021	Tuesday, June 8, 2021	Wednesday, June 9, 2021	Thursday, June 10, 2021	Friday, June 11, 2021
Cheesy Italian Pasta	Turkey Sloppy Joes - DF, EF	Red Pepper Turkey - EF, GF	Chicken Gyros - DF, EF	Pasta Alfredo - V, EF
V, EF	Dinner Roll	Whole Grain Brown Rice	Pita Bread (Tzatziki on the side)	Cucumbers
Green Beans	Cauliflower	Peas and Carrots	Broccoli	Fruit Salad
Honey Dew	Pineapple	Watermelon	Bananas	DF, Vegan: Pasta Marinara w/
Vegan, DF: Pasta Marinara &	V, Vegan: Lentil & Bean Sloppy Joe	V, Vegan: Tofu w/ DF Sauce	V, Vegan: Chickpea and	Vegan Cheese
Vegan Cheese	GF: GF Bread	DF: Turkey w/ DF Sauce	Veggie Gyros	GF: GF Pasta Alfredo
GF: Entrée w/ GF Pasta			GF: Entrée w/ Corn Tortilla	
Monday, June 14, 2021	Tuesday, June 15, 2021	Wednesday, June 16, 2021	Thursday, June 17, 2021	Friday, June 18, 2021
Meatball Slider	Taco Tuesday!	Mama's Bolognese	Chicken Jambalaya - DF, EF, GF	Pizza Day - V, EF
Dinner Roll	Flour Tortillas	DF, EF	Whole Grain Brown Rice	Flour Pizza Crust
Sliced Carrots	Lettuce, Salsa	Green Beans	Cauliflower	Cucumbers
Cantaloupe	Bananas	Honey Dew	Watermelon	Fruit Salad
V, Vegan, DF, EF: Tofu Slider	V, Vegan: Veggie &Bean Taco	V,Vegan: Pasta w/	V, Vegan: Tofu Jambalaya	DF: Pizza w/Turkey Pepperoni
GF: Tofu Slider w/GF Bread	GF: Entrée with Corn Tortilla	Vegetable Ragu		GF: Gluten Free Pizza w/ Cheese
		GF: Entrée w/ GF Pasta		Vegan: Pizza w/ Vegan Cheese
Monday, June 21, 2021	Tuesday, June 22, 2021	Wednesday, June 23, 2021	Thursday, June 24, 2021	Friday, June 25, 2021
Swedish Meatballs	Mega Mac & Cheese	Turkey Burgers - DF, EF	Nut Free Pesto Chicken - <u>EF</u>	BBQ Chicken - DF, EF
Wheat Bread	<u>V, EF</u>	Dinner Roll	Pasta	Wheat Bread
Peas and Carrots	Broccoli	Green Beans	Cauliflower	Cucumbers
Cantaloupe	Bananas	Watermelon	Pineapple	Fruit Salad
V, Vegan, DF, EF, GF:	GF: GF Pasta w/ GF Sauce	V, Vegan: Veggie Burger	V, Vegan: DF Pesto Tofu	V, Vegan: BBQ Tofu
Veggie Meatballs	Vegan, DF: Cheesy Vegan	GF: GF Bread	DF: DF Pesto Chicken	GF: Gluten Free Bread
GF: GF Bread	<u>Pasta</u>		GF: Entrée w/ GF Pasta	
Monday, June 28, 2021	Tuesday, June 29, 2021	Wednesday, June 30, 2021	Thursday, July 1, 2021	Friday, July 2, 2021
Spaghetti and Meatballs	Chicken Verde - DF, EF	Pasta Alfredo - V, EF	Red Pepper Chicken - EF, GF	Pizza Day - V, EF
Green Beans	Flour Tortillas	Broccoli	Whole Grain Brown Rice	Flour Pizza Crust
Cantaloupe	Sliced Carrots	Bananas	Peas and Carrots	Cucumbers
V, Vegan, DF, EF:	Watermelon	DF, Vegan: Pasta Marinara w/	Honey Dew	Fruit Salad
Spaghetti w/ Tofu, Marinara	V, Vegan: Veggie &Bean Taco	<u>Vegan Cheese</u>	V, Vegan: Tofu w/ DF Sauce	DF: Pizza w/Turkey Pepperoni
GF: GF Pasta w/ Tofu Marinara	GF: Entrée with Corn Tortilla	GF: GF Pasta Alfredo	DF: Chicken w/ DF Sauce	GF: Gluten Free Pizza w/ Cheese
				Vegan: Pizza w/ Vegan Cheese





