 October 2022 – Lunch

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| **3**  Whole wheat ziti with chicken \*  (V) Lentil penne & tomato sauce w/ soy \*#^  Grated cheese  Tossed salad  Fresh fruit | **4**  Chicken chili  (V) Veg out chili^  Broccoli & cheese salad  Whole wheat bread/butter\*  Fresh fruit | **5**  (V) Ravioli w/olive oil, tomato sauce & fresh basil  Peas  Fresh fruit | **6**  Hamburger slider  (V) Black bean burger #^  Bean medley  \*Whole wheat roll  Fresh fruit | **7**  BBQ chicken leg  (V) Mushroom stroganoff ^  California blend vegetables  \*Whole wheat bread/butter  Fresh fruit |
| **10**  Turkey sloppy joe  (V) Vegetarian sloppy joe ^  Corn & edamame  \*Whole wheat roll  Fresh fruit | **11**  (V) Whole grain cheese melt \*  Tomato alphabet soup  Fresh fruit | **12**  Shepherd’s Pie  (V) Chickpea curry with potatoes^  Pineapple/mango coleslaw  \*Whole wheat bread/butter  Fresh fruit | **13**  Maryland-style chicken  (V) Broccoli & cheddar quinoa w/brown rice \*  Sugar snaps & carrots  \*Whole wheat bread/butter  Fresh fruit | **14**  (V) Whole wheat macaroni & cheese\*  Mixed vegetables  Fresh fruit |
| **17**  Whole wheat Turk-a-roni\*  (V) White bean mushroom soup^  Grated cheese  Southwest salad  Fresh fruit | **18**  (V) Whole grain pizza\*  Garden salad  Fresh fruit | **19**  Chicken Patty  (V) Veggie nuggets  Tuscan bean and garlic soup  Whole wheat bread/butter\*  Fresh fruit | **20**  (V) Spinach manicotti  Winter blend vegetables  Whole wheat bread/butter\*  Fresh fruit | **21**  (V) Beans & Brown rice^  Tossed salad  Tortilla\*  Fresh fruit |
| **24**  Chicken Alfredo with tri-color pasta  (V) Tri-color pasta alfredo  Salad  Fresh fruit | **25**  (V) Broccoli Quiche  Peas  Whole wheat bread/butter\*  Fresh fruit | **26**  Spaghetti & meat sauce\*  (V) Spaghetti & tomato sauce w/ soy #^  Grated cheese  Spinach salad  Fresh fruit | **27**  Chicken leg w/ buttermilk gravy  (V) Picadillo^  Zucchini & yellow squash  Whole wheat bread/butter \*  Fresh fruit | **28**  Turkey taco w/whole wheat  Tortilla\*  (V) Beans & brown rice burrito\*^  Corn  Grated cheese  Fresh fruit |
| **31**  Power veggie beef & chicken stew  (V) Black bean tortilla soup^  Spinach salad  Whole wheat bread/butter\*  Fresh fruit |  |  | *Age-appropriate milk must be served with lunch* | *Fresh fruits include but are not limited to: apples, oranges, bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe.*  *This institution is an equal opportunity provider* |

(V) Vegetarian meal \*Whole grain

#Gluten free ^Vegan

 November 2022 – Lunch

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
|  | **1**  Turkey meatloaf  (V) French lentils w/ thyme^  Mashed sweet potatoes  Whole wheat bread/butter\*  Fresh fruit | **2**  Dirty brown rice with beef\*  (V) Dirty brown rice^  Apple coleslaw  Fresh fruit | **3**  Bean, corn, & chicken quesadilla  (V) Bean, corn & cheese quesadilla  With whole wheat tortilla \*  Green Beans  Fresh fruit | **4**  (V) Lasagna  Tossed salad  Fresh fruit |
| **7**  Whole wheat ziti with chicken \*  (V) Lentil penne & tomato sauce w/ soy \*#^  Grated cheese  Tossed salad  Fresh fruit | **8**  Chicken chili  (V) Veg out chili^  Broccoli & cheese salad  Whole wheat bread/butter\*  Fresh fruit | **9**  (V) Ravioli w/olive oil, tomato sauce & fresh basil  Peas  Fresh fruit | **10**  Hamburger slider  (V) Black bean burger #^  Bean medley  \*Whole wheat roll  Fresh fruit | **11**  BBQ chicken leg  (V) Mushroom stroganoff ^  California blend vegetables  \*Whole wheat bread/butter  Fresh fruit |
| **14**  Turkey sloppy joe  (V) Vegetarian sloppy joe ^  Corn & edamame  \*Whole wheat roll  Fresh fruit | **15**  (V) Whole grain cheese melt \*  Tomato alphabet soup  Fresh fruit | **16**  Shepherd’s Pie  (V) Chickpea curry with potatoes^  Pineapple/mango coleslaw  \*Whole wheat bread/butter  Fresh fruit | **17**  Maryland-style chicken  (V) Broccoli & cheddar quinoa w/brown rice \*  Sugar snaps & carrots  \*Whole wheat bread/butter  Fresh fruit | **18**  THANKSGIVING LUNCH  Sliced turkey & gravy  Sweet potatoes  Cranberry relish  Whole wheat bread/butter  Fresh fruit |
| **21**  Whole wheat Turk-a-roni\*  (V) White bean mushroom soup^  Grated cheese  Southwest salad  Fresh fruit | **22**  (V) Whole grain pizza\*  Garden salad  Fresh fruit | **23**  (V) Beans & Brown rice^  Tossed salad  Tortilla\*  Fresh fruit | **24**  CLOSED FOR THANKSGIVING | **25**  CLOSED FOR THANKSGIVING |
| **28**  Chicken Alfredo with tri-color pasta  (V) Tri-color pasta alfredo  Salad  Fresh fruit | **29**  (V) Quiche  Peas  Whole wheat bread/butter\*  Fresh fruit | **30**  Spaghetti & meat sauce\*  (V) Spaghetti & tomato sauce w/ soy #^  Grated cheese  Spinach salad  Fresh fruit | *Age-appropriate milk must be served with lunch* | *Fresh fruits include but are not limited to: apples, oranges, bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe.*  *This institution is an equal opportunity provider* |

(V) Vegetarian meal \*Whole grain

#Gluten free ^Vegan

 December 2022 – Lunch

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| *Age-appropriate milk must be served with lunch* | *Fresh fruits include but are not limited to: apples, oranges, bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe.*  *This institution is an equal opportunity provider* |  | **1**  Chicken leg w/ buttermilk gravy  (V) Picadillo^  Zucchini & yellow squash  Whole wheat bread/butter \*  Fresh fruit | **2**  Turkey taco w/whole wheat  Tortilla\*  (V) Beans & brown rice burrito\*^  Corn  Grated cheese  Fresh fruit |
| **5**  Power veggie beef & chicken stew  (V) Black bean tortilla soup^  Spinach salad  Whole wheat bread/butter\*  Fresh fruit | **6**  Turkey meatloaf  (V) French lentils w/ thyme^  Mashed sweet potatoes  Whole wheat bread/butter\*  Fresh fruit | **7**  Dirty brown rice with beef\*  (V) Dirty brown rice^  Apple coleslaw  Fresh fruit | **8**  Bean, corn, & chicken quesadilla  (V) Bean, corn & cheese quesadilla  With whole wheat tortilla \*  Green Beans  Fresh fruit | **9**  (V) Lasagna  Tossed salad  Fresh fruit |
| **12**  Whole wheat ziti with chicken \*  (V) Lentil penne & tomato sauce w/ soy \*#^  Grated cheese  Tossed salad  Fresh fruit | **13**  Chicken chili  (V) Veg out chili^  Broccoli & cheese salad  Whole wheat bread/butter\*  Fresh fruit | **14**  (V) Ravioli w/olive oil, tomato sauce & fresh basil  Peas  Fresh fruit | **15**  Hamburger slider  (V) Black bean burger #^  Bean medley  \*Whole wheat roll  Fresh fruit | **16**  BBQ chicken leg  (V) Mushroom stroganoff ^  California blend vegetables  \*Whole wheat bread/butter  Fresh fruit |
| **19**  Turkey sloppy joe  (V) Vegetarian sloppy joe ^  Corn & edamame  \*Whole wheat roll  Fresh fruit | **20**  (V) Whole grain cheese melt \*  Tomato alphabet soup  Fresh fruit | **21**  Shepherd’s Pie  (V) Chickpea curry with potatoes^  Pineapple/mango coleslaw  \*Whole wheat bread/butter  Fresh fruit | **22**  Maryland-style chicken  (V) Broccoli & cheddar quinoa w/brown rice \*  Sugar snaps & carrots  \*Whole wheat bread/butter  Fresh fruit | **23**  (V) Whole wheat macaroni & cheese\*  Mixed vegetables  Fresh fruit |
| **26**  CLOSED FOR CHRISTMAS | **27**  Whole wheat Turk-a-roni\*  (V) White bean mushroom soup^  Grated cheese  Southwest salad  Fresh fruit | **28**  (V) Whole grain pizza\*  Garden salad  Fresh fruit | **29**  Chicken Nuggets  (V) Veggie nuggets  Potato soup  Whole wheat bread/butter\*  Fresh fruit | **30**  (V) Beans & Brown rice^  Tossed salad  Tortilla\*  Fresh fruit |

(V) Vegetarian meal \*Whole grain

#Gluten free ^Vegan

 January 2023 – Lunch

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| **2**  CLOSED FOR NEW YEARS | **3**  Chicken Alfredo with tri-color pasta  (V) Tri-color pasta alfredo  Salad  Fresh fruit | **4**  Spaghetti & meat sauce\*  (V) Spaghetti & tomato sauce w/ soy #^  Grated cheese  Spinach salad  Fresh fruit | **5**  Chicken leg w/ buttermilk gravy  (V) Picadillo^  Zucchini & yellow squash  Whole wheat bread/butter \*  Fresh fruit | **6**  Turkey taco w/whole wheat  Tortilla\*  (V) Beans & brown rice burrito\*^  Corn  Grated cheese  Fresh fruit |
| **9**  Power veggie beef & chicken stew  (V) Black bean tortilla soup^  Spinach salad  Whole wheat bread/butter\*  Fresh fruit | **10**  Turkey meatloaf  (V) French lentils w/ thyme^  Mashed sweet potatoes  Whole wheat bread/butter\*  Fresh fruit | **11**  Dirty brown rice with beef\*  (V) Dirty brown rice^  Apple coleslaw  Fresh fruit | **12**  Bean, corn, & chicken quesadilla  (V) Bean, corn & cheese quesadilla  With whole wheat tortilla \*  Green Beans  Fresh fruit | **13**  (V) Lasagna  Tossed salad  Fresh fruit |
| **16**  CLOSED FOR MLK JR DAY | **17**  Whole wheat ziti with chicken \*  (V) Lentil penne & tomato sauce w/ soy \*#^  Grated cheese  Tossed salad  Fresh fruit | **18**  Chicken chili  (V) Veg out chili^  Broccoli & cheese salad  Whole wheat bread/butter\*  Fresh fruit | **19**  (V) Ravioli w/olive oil, tomato sauce & fresh basil  Peas  Fresh fruit | **20**  BBQ chicken leg  (V) Mushroom stroganoff ^  California blend vegetables  \*Whole wheat bread/butter  Fresh fruit |
| **23**  Turkey sloppy joe  (V) Vegetarian sloppy joe ^  Corn & edamame  \*Whole wheat roll  Fresh fruit | **24**  (V) Whole grain cheese melt \*  Tomato alphabet soup  Fresh fruit | **25**  Shepherd’s Pie  (V) Chickpea curry with potatoes^  Pineapple/mango coleslaw  \*Whole wheat bread/butter  Fresh fruit | **26**  Maryland-style chicken  (V) Broccoli & cheddar quinoa w/brown rice \*  Sugar snaps & carrots  \*Whole wheat bread/butter  Fresh fruit | **27**  (V) Whole wheat macaroni & cheese\*  Mixed vegetables  Fresh fruit |
| **30**  Whole wheat Turk-a-roni\*  (V) White bean mushroom soup^  Grated cheese  Southwest salad  Fresh fruit | **31**  (V) Whole grain pizza\*  Garden salad  Fresh fruit |  | *Age-appropriate milk must be served with lunch* | *Fresh fruits include but are not limited to: apples, oranges, bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe.*  *This institution is an equal opportunity provider* |

(V) Vegetarian meal \*Whole grain

#Gluten free ^Vegan

 February 2023 – Lunch

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
|  |  | **1**  Chicken Patty  (V) Veggie nuggets  Tuscan bean and garlic soup  Whole wheat bread/butter\*  Fresh fruit | **2**  (V) Spinach manicotti  Winter blend vegetables  Whole wheat bread/butter\*  Fresh fruit | **3**  (V) Beans & Brown rice^  Tossed salad  Tortilla\*  Fresh fruit |
| **6**  Chicken Alfredo with tri-color pasta  (V) Tri-color pasta alfredo  Salad  Fresh fruit | **7**  (V) Broccoli Quiche  Peas  Whole wheat bread/butter\*  Fresh fruit | **8**  Spaghetti & meat sauce\*  (V) Spaghetti & tomato sauce w/ soy #^  Grated cheese  Spinach salad  Fresh fruit | **9**  Chicken leg w/ buttermilk gravy  (V) Picadillo^  Zucchini & yellow squash  Whole wheat bread/butter \*  Fresh fruit | **10**  Turkey taco w/whole wheat  Tortilla\*  (V) Beans & brown rice burrito\*^  Corn  Grated cheese  Fresh fruit |
| **13**  Power veggie beef & chicken stew  (V) Black bean tortilla soup^  Spinach salad  Whole wheat bread/butter\*  Fresh fruit | **14**  Turkey meatloaf  (V) French lentils w/ thyme^  Mashed sweet potatoes  Whole wheat bread/butter\*  Fresh fruit | **15**  Dirty brown rice with beef\*  (V) Dirty brown rice^  Apple coleslaw  Fresh fruit | **16**  Bean, corn, & chicken quesadilla  (V) Bean, corn & cheese quesadilla  With whole wheat tortilla \*  Green Beans  Fresh fruit | **17**  (V) Lasagna  Tossed salad  Fresh fruit |
| **20**  CLOSED FOR PRESIDENT’S DAY | **21**  Whole wheat ziti with chicken \*  (V) Lentil penne & tomato sauce w/ soy \*#^  Grated cheese  Tossed salad  Fresh fruit | **22**  Chicken chili  (V) Veg out chili^  Broccoli & cheese salad  Whole wheat bread/butter\*  Fresh fruit | **23**  (V) Ravioli w/olive oil, tomato sauce & fresh basil  Peas  Fresh fruit | **24**  BBQ chicken leg  (V) Mushroom stroganoff ^  California blend vegetables  \*Whole wheat bread/butter  Fresh fruit |
| **27**  Turkey sloppy joe  (V) Vegetarian sloppy joe ^  Corn & edamame  \*Whole wheat roll  Fresh fruit | **28**  (V) Whole grain cheese melt \*  Tomato alphabet soup  Fresh fruit |  | *Age-appropriate milk must be served with lunch* | *Fresh fruits include but are not limited to: apples, oranges, bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe.*  *This institution is an equal opportunity provider* |

(V) Vegetarian meal \*Whole grain

#Gluten free ^Vegan

 March 2023 – Lunch

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| *Age-appropriate milk must be served with lunch* | *Fresh fruits include but are not limited to: apples, oranges, bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe.*  *This institution is an equal opportunity provider* | **1**  Shepherd’s Pie  (V) Chickpea curry with potatoes^  Pineapple/mango coleslaw  \*Whole wheat bread/butter  Fresh fruit | **2**  Maryland-style chicken  (V) Broccoli & cheddar quinoa w/brown rice \*  Sugar snaps & carrots  \*Whole wheat bread/butter  Fresh fruit | **3**  (V) Whole wheat macaroni & cheese\*  Mixed vegetables  Fresh fruit |
| **6**  Whole wheat Turk-a-roni\*  (V) White bean mushroom soup^  Grated cheese  Southwest salad  Fresh fruit | **7**  (V) Whole grain pizza\*  Garden salad  Fresh fruit | **8**  Chicken Nuggets  (V) Veggie nuggets  Potato soup  Whole wheat bread/butter\*  Fresh fruit | **9**  (V) Spinach manicotti  Winter blend vegetables  Whole wheat bread/butter\*  Fresh fruit | **10**  (V) Beans & Brown rice^  Tossed salad  Tortilla\*  Fresh fruit |
| **13**  Chicken Alfredo with tri-color pasta  (V) Tri-color pasta alfredo  Salad  Fresh fruit | **14**  (V) Quiche  Peas  Whole wheat bread/butter\*  Fresh fruit | **15**  Spaghetti & meat sauce\*  (V) Spaghetti & tomato sauce w/ soy #^  Grated cheese  Spinach salad  Fresh fruit | **16**  Chicken leg w/ buttermilk gravy  (V) Picadillo^  Zucchini & yellow squash  Whole wheat bread/butter \*  Fresh fruit | **17**  Turkey taco w/whole wheat  Tortilla\*  (V) Beans & brown rice burrito\*^  Corn  Grated cheese  Fresh fruit |
| **20**  Power veggie beef & chicken stew  (V) Black bean tortilla soup^  Spinach salad  Whole wheat bread/butter\*  Fresh fruit | **21**  Turkey meatloaf  (V) French lentils w/ thyme^  Mashed sweet potatoes  Whole wheat bread/butter\*  Fresh fruit | **22**  Dirty brown rice with beef\*  (V) Dirty brown rice^  Apple coleslaw  Fresh fruit | **23**  Bean, corn, & chicken quesadilla  (V) Bean, corn & cheese quesadilla  With whole wheat tortilla \*  Green Beans  Fresh fruit | **24**  (V) Lasagna  Tossed salad  Fresh fruit |
| **27**  Whole wheat ziti with chicken \*  (V) Lentil penne & tomato sauce w/ soy \*#^  Grated cheese  Tossed salad  Fresh fruit | **28**  Chicken chili  (V) Veg out chili^  Broccoli & cheese salad  Whole wheat bread/butter\*  Fresh fruit | **29**  (V) Ravioli w/olive oil, tomato sauce & fresh basil  Peas  Fresh fruit | **30**  Hamburger slider  (V) Black bean burger #^  Bean medley  \*Whole wheat roll  Fresh fruit | **31**  BBQ chicken leg  (V) Mushroom stroganoff ^  California blend vegetables  \*Whole wheat bread/butter  Fresh fruit |

(V) Vegetarian meal \*Whole grain

#Gluten free ^Vegan

 April 2023 – Lunch

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| **3**  Turkey sloppy joe  (V) Vegetarian sloppy joe ^  Corn & edamame  \*Whole wheat roll  Fresh fruit | **4**  (V) Whole grain cheese melt \*  Tomato alphabet soup  Fresh fruit | **5**  Shepherd’s Pie  (V) Chickpea curry with potatoes^  Pineapple/mango coleslaw  \*Whole wheat bread/butter  Fresh fruit | **6**  Maryland-style chicken  (V) Broccoli & cheddar quinoa w/brown rice \*  Sugar snaps & carrots  \*Whole wheat bread/butter  Fresh fruit | **7**  (V) Whole wheat macaroni & cheese\*  Mixed vegetables  Fresh fruit |
| **10**  Whole wheat Turk-a-roni\*  (V) White bean mushroom soup^  Grated cheese  Southwest salad  Fresh fruit | **11**  (V) Whole grain pizza\*  Garden salad  Fresh fruit | **12**  Chicken Patty  (V) Veggie nuggets  Tuscan bean and garlic soup  Whole wheat bread/butter\*  Fresh fruit | **13**  (V) Spinach manicotti  Winter blend vegetables  Whole wheat bread/butter\*  Fresh fruit | **14**  (V) Beans & Brown rice^  Tossed salad  Tortilla\*  Fresh fruit |
| **17**  Chicken Alfredo with tri-color pasta  (V) Tri-color pasta alfredo  Salad  Fresh fruit | **18**  (V) Broccoli Quiche  Peas  Whole wheat bread/butter\*  Fresh fruit | **19**  Spaghetti & meat sauce\*  (V) Spaghetti & tomato sauce w/ soy #^  Grated cheese  Spinach salad  Fresh fruit | **20**  Chicken leg w/ buttermilk gravy  (V) Picadillo^  Zucchini & yellow squash  Whole wheat bread/butter \*  Fresh fruit | **21**  Turkey taco w/whole wheat  Tortilla\*  (V) Beans & brown rice burrito\*^  Corn  Grated cheese  Fresh fruit |
| **24**  Power veggie beef & chicken stew  (V) Black bean tortilla soup^  Spinach salad  Whole wheat bread/butter\*  Fresh fruit | **25**  Turkey meatloaf  (V) French lentils w/ thyme^  Mashed sweet potatoes  Whole wheat bread/butter\*  Fresh fruit | **26**  Dirty brown rice with beef\*  (V) Dirty brown rice^  Apple coleslaw  Fresh fruit | **27**  Bean, corn, & chicken quesadilla  (V) Bean, corn & cheese quesadilla  With whole wheat tortilla \*  Green Beans  Fresh fruit | **28**  (V) Lasagna  Tossed salad  Fresh fruit |
|  |  |  | *Age-appropriate milk must be served with lunch* | *Fresh fruits include but are not limited to: apples, oranges, bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe.*  *This institution is an equal opportunity provider* |

(V) Vegetarian meal \*Whole grain

#Gluten free ^Vegan

 May 2023 – Lunch

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| **1**  Whole wheat ziti with chicken \*  (V) Lentil penne & tomato sauce w/ soy \*#^  Grated cheese  Tossed salad  Fresh fruit | **2**  Chicken chili  (V) Veg out chili^  Broccoli & cheese salad  Whole wheat bread/butter\*  Fresh fruit | **3**  (V) Ravioli w/olive oil, tomato sauce & fresh basil  Peas  Fresh fruit | **4**  Hamburger slider  (V) Black bean burger #^  Bean medley  \*Whole wheat roll  Fresh fruit | **5**  BBQ chicken leg  (V) Mushroom stroganoff ^  California blend vegetables  \*Whole wheat bread/butter  Fresh fruit |
| **8**  Turkey sloppy joe  (V) Vegetarian sloppy joe ^  Corn & edamame  \*Whole wheat roll  Fresh fruit | **9**  (V) Whole grain cheese melt \*  Tomato alphabet soup  Fresh fruit | **10**  Shepherd’s Pie  (V) Chickpea curry with potatoes^  Pineapple/mango coleslaw  \*Whole wheat bread/butter  Fresh fruit | **11**  Maryland-style chicken  (V) Broccoli & cheddar quinoa w/brown rice \*  Sugar snaps & carrots  \*Whole wheat bread/butter  Fresh fruit | **12**  (V) Whole wheat macaroni & cheese\*  Mixed vegetables  Fresh fruit |
| **15**  Whole wheat Turk-a-roni\*  (V) White bean mushroom soup^  Grated cheese  Southwest salad  Fresh fruit | **16**  (V) Whole grain pizza\*  Garden salad  Fresh fruit | **17**  Chicken Nuggets  (V) Veggie nuggets  Potato soup  Whole wheat bread/butter\*  Fresh fruit | **18**  (V) Spinach manicotti  Winter blend vegetables  Whole wheat bread/butter\*  Fresh fruit | **19**  (V) Beans & Brown rice^  Tossed salad  Tortilla\*  Fresh fruit |
| **22**  Chicken Alfredo with tri-color pasta  (V) Tri-color pasta alfredo  Salad  Fresh fruit | **23**  (V) Quiche  Peas  Whole wheat bread/butter\*  Fresh fruit | **24**  Spaghetti & meat sauce\*  (V) Spaghetti & tomato sauce w/ soy #^  Grated cheese  Spinach salad  Fresh fruit | **25**  Chicken leg w/ buttermilk gravy  (V) Picadillo^  Zucchini & yellow squash  Whole wheat bread/butter \*  Fresh fruit | **26**  Turkey taco w/whole wheat  Tortilla\*  (V) Beans & brown rice burrito\*^  Corn  Grated cheese  Fresh fruit |
| **29**  CLOSED FOR MEMORIAL DAY | **30**  Power veggie beef & chicken stew  (V) Black bean tortilla soup^  Spinach salad  Whole wheat bread/butter\*  Fresh fruit | **31**  Turkey meatloaf  (V) French lentils w/ thyme^  Mashed sweet potatoes  Whole wheat bread/butter\*  Fresh fruit | *Age-appropriate milk must be served with lunch* | *Fresh fruits include but are not limited to: apples, oranges, bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe.*  *This institution is an equal opportunity provider* |

(V) Vegetarian meal \*Whole grain

#Gluten free ^Vegan

 June 2023 – Lunch

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| *Age-appropriate milk must be served with lunch* | *Fresh fruits include but are not limited to: apples, oranges, bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe.*  *This institution is an equal opportunity provider* |  | **1**  Dirty brown rice with beef\*  (V) Dirty brown rice^  Apple coleslaw  Fresh fruit | **2**  (V) Lasagna  Tossed salad  Fresh fruit |
| **5**  Whole wheat ziti with chicken \*  (V) Lentil penne & tomato sauce w/ soy \*#^  Grated cheese  Tossed salad  Fresh fruit | **6**  Chicken chili  (V) Veg out chili^  Broccoli & cheese salad  Whole wheat bread/butter\*  Fresh fruit | **7**  (V) Ravioli w/olive oil, tomato sauce & fresh basil  Peas  Fresh fruit | **8**  Hamburger slider  (V) Black bean burger #^  Bean medley  \*Whole wheat roll  Fresh fruit | **9**  BBQ chicken leg  (V) Mushroom stroganoff ^  California blend vegetables  \*Whole wheat bread/butter  Fresh fruit |
| **12**  Turkey sloppy joe  (V) Vegetarian sloppy joe ^  Corn & edamame  \*Whole wheat roll  Fresh fruit | **13**  (V) Whole grain cheese melt \*  Tomato alphabet soup  Fresh fruit | **14**  Shepherd’s Pie  (V) Chickpea curry with potatoes^  Pineapple/mango coleslaw  \*Whole wheat bread/butter  Fresh fruit | **15**  Maryland-style chicken  (V) Broccoli & cheddar quinoa w/brown rice \*  Sugar snaps & carrots  \*Whole wheat bread/butter  Fresh fruit | **16**  (V) Whole wheat macaroni & cheese\*  Mixed vegetables  Fresh fruit |
| **19**  Whole wheat Turk-a-roni\*  (V) White bean mushroom soup^  Grated cheese  Southwest salad  Fresh fruit | **20**  (V) Whole grain pizza\*  Garden salad  Fresh fruit | **21**  Chicken Patty  (V) Veggie nuggets  Tuscan bean and garlic soup  Whole wheat bread/butter\*  Fresh fruit | **22**  (V) Spinach manicotti  Winter blend vegetables  Whole wheat bread/butter\*  Fresh fruit | **23**  (V) Beans & Brown rice^  Tossed salad  Tortilla\*  Fresh fruit |
| **26**  Chicken Alfredo with tri-color pasta  (V) Tri-color pasta alfredo  Salad  Fresh fruit | **27**  (V) Broccoli Quiche  Peas  Whole wheat bread/butter\*  Fresh fruit | **28**  Spaghetti & meat sauce\*  (V) Spaghetti & tomato sauce w/ soy #^  Grated cheese  Spinach salad  Fresh fruit | **29**  Chicken leg w/ buttermilk gravy  (V) Picadillo^  Zucchini & yellow squash  Whole wheat bread/butter \*  Fresh fruit | **30**  Turkey taco w/whole wheat  Tortilla\*  (V) Beans & brown rice burrito\*^  Corn  Grated cheese  Fresh fruit |

(V) Vegetarian meal \*Whole grain

#Gluten free ^Vegan

 July 2023 – Lunch

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| **3**  Power veggie beef & chicken stew  (V) Black bean tortilla soup^  Spinach salad  Whole wheat bread/butter\*  Fresh fruit | **4**  CLOSED FOR INDEPENDENCE DAY | **5**  Turkey meatloaf  (V) French lentils w/ thyme^  Mashed sweet potatoes  Whole wheat bread/butter\*  Fresh fruit | **6**  Dirty brown rice with beef\*  (V) Dirty brown rice^  Apple coleslaw  Fresh fruit | **7**  (V) Lasagna  Tossed salad  Fresh fruit |
| **10**  Whole wheat ziti with chicken \*  (V) Lentil penne & tomato sauce w/ soy \*#^  Grated cheese  Tossed salad  Fresh fruit | **11**  Chicken chili  (V) Veg out chili^  Broccoli & cheese salad  Whole wheat bread/butter\*  Fresh fruit | **12**  (V) Ravioli w/olive oil, tomato sauce & fresh basil  Peas  Fresh fruit | **13**  Hamburger slider  (V) Black bean burger #^  Bean medley  \*Whole wheat roll  Fresh fruit | **14**  BBQ chicken leg  (V) Mushroom stroganoff ^  California blend vegetables  \*Whole wheat bread/butter  Fresh fruit |
| **17**  Turkey sloppy joe  (V) Vegetarian sloppy joe ^  Corn & edamame  \*Whole wheat roll  Fresh fruit | **18**  (V) Whole grain cheese melt \*  Tomato alphabet soup  Fresh fruit | **19**  Shepherd’s Pie  (V) Chickpea curry with potatoes^  Pineapple/mango coleslaw  \*Whole wheat bread/butter  Fresh fruit | **20**  Maryland-style chicken  (V) Broccoli & cheddar quinoa w/brown rice \*  Sugar snaps & carrots  \*Whole wheat bread/butter  Fresh fruit | **21**  (V) Whole wheat macaroni & cheese\*  Mixed vegetables  Fresh fruit |
| **24**  Whole wheat Turk-a-roni\*  (V) White bean mushroom soup^  Grated cheese  Southwest salad  Fresh fruit | **25**  (V) Whole grain pizza\*  Garden salad  Fresh fruit | **26**  Chicken Nuggets  (V) Veggie nuggets  Potato soup  Whole wheat bread/butter\*  Fresh fruit | **27**  (V) Spinach manicotti  Winter blend vegetables  Whole wheat bread/butter\*  Fresh fruit | **28**  (V) Beans & Brown rice^  Tossed salad  Tortilla\*  Fresh fruit |
| **31**  Chicken Alfredo with tri-color pasta  (V) Tri-color pasta alfredo  Salad  Fresh fruit |  |  | *Age-appropriate milk must be served with lunch* | *Fresh fruits include but are not limited to: apples, oranges, bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe.*  *This institution is an equal opportunity provider* |

(V) Vegetarian meal \*Whole grain

#Gluten free ^Vegan

 August 2023 – Lunch

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| *Age-appropriate milk must be served with lunch* | **1**  (V) Quiche  Peas  Whole wheat bread/butter\*  Fresh fruit | **2**  Spaghetti & meat sauce\*  (V) Spaghetti & tomato sauce w/ soy #^  Grated cheese  Spinach salad  Fresh fruit | **3**  Chicken leg w/ buttermilk gravy  (V) Picadillo^  Zucchini & yellow squash  Whole wheat bread/butter \*  Fresh fruit | **4**  Turkey taco w/whole wheat  Tortilla\*  (V) Beans & brown rice burrito\*^  Corn  Grated cheese  Fresh fruit |
| **7**  Power veggie beef & chicken stew  (V) Black bean tortilla soup^  Spinach salad  Whole wheat bread/butter\*  Fresh fruit | **8**  Turkey meatloaf  (V) French lentils w/ thyme^  Mashed sweet potatoes  Whole wheat bread/butter\*  Fresh fruit | **9**  Dirty brown rice with beef\*  (V) Dirty brown rice^  Apple coleslaw  Fresh fruit | **10**  Bean, corn, & chicken quesadilla  (V) Bean, corn & cheese quesadilla  With whole wheat tortilla \*  Green Beans  Fresh fruit | **11**  (V) Lasagna  Tossed salad  Fresh fruit |
| **14**  Whole wheat ziti with chicken \*  (V) Lentil penne & tomato sauce w/ soy \*#^  Grated cheese  Tossed salad  Fresh fruit | **15**  Chicken chili  (V) Veg out chili^  Broccoli & cheese salad  Whole wheat bread/butter\*  Fresh fruit | **16**  (V) Ravioli w/olive oil, tomato sauce & fresh basil  Peas  Fresh fruit | **17**  Hamburger slider  (V) Black bean burger #^  Bean medley  \*Whole wheat roll  Fresh fruit | **18**  BBQ chicken leg  (V) Mushroom stroganoff ^  California blend vegetables  \*Whole wheat bread/butter  Fresh fruit |
| **21**  Turkey sloppy joe  (V) Vegetarian sloppy joe ^  Corn & edamame  \*Whole wheat roll  Fresh fruit | **22**  (V) Whole grain cheese melt \*  Tomato alphabet soup  Fresh fruit | **23**  Shepherd’s Pie  (V) Chickpea curry with potatoes^  Pineapple/mango coleslaw  \*Whole wheat bread/butter  Fresh fruit | **24**  Maryland-style chicken  (V) Broccoli & cheddar quinoa w/brown rice \*  Sugar snaps & carrots  \*Whole wheat bread/butter  Fresh fruit | **25**  (V) Whole wheat macaroni & cheese\*  Mixed vegetables  Fresh fruit |
| **28**  Whole wheat Turk-a-roni\*  (V) White bean mushroom soup^  Grated cheese  Southwest salad  Fresh fruit | **29**  (V) Whole grain pizza\*  Garden salad  Fresh fruit | **30**  Chicken Patty  (V) Veggie nuggets  Tuscan bean and garlic soup  Whole wheat bread/butter\*  Fresh fruit | **31**  (V) Spinach manicotti  Winter blend vegetables  Whole wheat bread/butter\*  Fresh fruit | *Fresh fruits include but are not limited to: apples, oranges, bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe.*  *This institution is an equal opportunity provider* |

(V) Vegetarian meal \*Whole grain

#Gluten free ^Vegan

 September 2023 – Lunch

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| *Age-appropriate milk must be served with lunch* | *Fresh fruits include but are not limited to: apples, oranges, bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe.*  *This institution is an equal opportunity provider* |  |  | **1**  (V) Beans & Brown rice^  Tossed salad  Tortilla\*  Fresh fruit |
| **4**  CLOSED FOR LABOR DAY | **5**  Chicken Alfredo with tri-color pasta  (V) Tri-color pasta alfredo  Salad  Fresh fruit | **6**  Spaghetti & meat sauce\*  (V) Spaghetti & tomato sauce w/ soy #^  Grated cheese  Spinach salad  Fresh fruit | **7**  Chicken leg w/ buttermilk gravy  (V) Picadillo^  Zucchini & yellow squash  Whole wheat bread/butter \*  Fresh fruit | **8**  Turkey taco w/whole wheat  Tortilla\*  (V) Beans & brown rice burrito\*^  Corn  Grated cheese  Fresh fruit |
| **11**  Power veggie beef & chicken stew  (V) Black bean tortilla soup^  Spinach salad  Whole wheat bread/butter\*  Fresh fruit | **12**  Turkey meatloaf  (V) French lentils w/ thyme^  Mashed sweet potatoes  Whole wheat bread/butter\*  Fresh fruit | **13**  Dirty brown rice with beef\*  (V) Dirty brown rice^  Apple coleslaw  Fresh fruit | **14**  Bean, corn, & chicken quesadilla  (V) Bean, corn & cheese quesadilla  With whole wheat tortilla \*  Green Beans  Fresh fruit | **15**  (V) Lasagna  Tossed salad  Fresh fruit |
| **18**  Whole wheat ziti with chicken \*  (V) Lentil penne & tomato sauce w/ soy \*#^  Grated cheese  Tossed salad  Fresh fruit | **19**  Chicken chili  (V) Veg out chili^  Broccoli & cheese salad  Whole wheat bread/butter\*  Fresh fruit | **20**  (V) Ravioli w/olive oil, tomato sauce & fresh basil  Peas  Fresh fruit | **21**  Hamburger slider  (V) Black bean burger #^  Bean medley  \*Whole wheat roll  Fresh fruit | **22**  BBQ chicken leg  (V) Mushroom stroganoff ^  California blend vegetables  \*Whole wheat bread/butter  Fresh fruit |
| **25**  Turkey sloppy joe  (V) Vegetarian sloppy joe ^  Corn & edamame  \*Whole wheat roll  Fresh fruit | **26**  (V) Whole grain cheese melt \*  Tomato alphabet soup  Fresh fruit | **27**  Shepherd’s Pie  (V) Chickpea curry with potatoes^  Pineapple/mango coleslaw  \*Whole wheat bread/butter  Fresh fruit | **28**  Maryland-style chicken  (V) Broccoli & cheddar quinoa w/brown rice \*  Sugar snaps & carrots  \*Whole wheat bread/butter  Fresh fruit | **29**  (V) Whole wheat macaroni & cheese\*  Mixed vegetables  Fresh fruit |

(V) Vegetarian meal \*Whole grain

#Gluten free ^Vegan