



# October 2022 – Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> Whole wheat ziti with chicken * (V) Lentil penne & tomato sauce w/ soy *#^ Grated cheese Tossed salad Fresh fruit	<b>4</b> Chicken chili (V) Veg out chili^ Broccoli & cheese salad Whole wheat bread/butter* Fresh fruit	<b>5</b> (V) Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit	<b>6</b> Hamburger slider (V) Black bean burger #^ Bean medley *Whole wheat roll Fresh fruit	<b>7</b> BBQ chicken leg (V) Mushroom stroganoff ^ California blend vegetables *Whole wheat bread/butter Fresh fruit
<b>10</b> Turkey sloppy joe (V) Vegetarian sloppy joe ^ Corn & edamame *Whole wheat roll Fresh fruit	<b>11</b> (V) Whole grain cheese melt * Tomato alphabet soup Fresh fruit	<b>12</b> Shepherd's Pie (V) Chickpea curry with potatoes^ Pineapple/mango coleslaw *Whole wheat bread/butter Fresh fruit	<b>13</b> Maryland-style chicken (V) Broccoli & cheddar quinoa w/brown rice * Sugar snaps & carrots *Whole wheat bread/butter Fresh fruit	<b>14</b> (V) Whole wheat macaroni & cheese* Mixed vegetables Fresh fruit
<b>17</b> Whole wheat Turk-a-roni* (V) White bean mushroom soup^ Grated cheese Southwest salad Fresh fruit	<b>18</b> (V) Whole grain pizza* Garden salad Fresh fruit	<b>19</b> Chicken Patty (V) Veggie nuggets Tuscan bean and garlic soup Whole wheat bread/butter* Fresh fruit	<b>20</b> (V) Spinach manicotti Winter blend vegetables Whole wheat bread/butter* Fresh fruit	<b>21</b> (V) Beans & Brown rice^ Tossed salad Tortilla* Fresh fruit
<b>24</b> Chicken Alfredo with tri-color pasta (V) Tri-color pasta alfredo Salad Fresh fruit	<b>25</b> (V) Broccoli Quiche Peas Whole wheat bread/butter* Fresh fruit	<b>26</b> Spaghetti & meat sauce* (V) Spaghetti & tomato sauce w/ soy #^ Grated cheese Spinach salad Fresh fruit	<b>27</b> Chicken leg w/ buttermilk gravy (V) Picadillo^ Zucchini & yellow squash Whole wheat bread/butter * Fresh fruit	<b>28</b> Turkey taco w/whole wheat Tortilla* (V) Beans & brown rice burrito*^ Corn Grated cheese Fresh fruit
<b>31</b> Power veggie beef & chicken stew (V) Black bean tortilla soup^ Spinach salad Whole wheat bread/butter* Fresh fruit			<i>Age-appropriate milk must be served with lunch</i>	<i>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</i>

(V) Vegetarian meal  
 #Gluten free

\*Whole grain  
 ^Vegan



# November 2022 – Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> Turkey meatloaf (V) French lentils w/ thyme^ Mashed sweet potatoes Whole wheat bread/butter* Fresh fruit	<b>2</b> Dirty brown rice with beef* (V) Dirty brown rice^ Apple coleslaw Fresh fruit	<b>3</b> Bean, corn, & chicken quesadilla (V) Bean, corn & cheese quesadilla With whole wheat tortilla * Green Beans Fresh fruit	<b>4</b> (V) Lasagna Tossed salad Fresh fruit
<b>7</b> Whole wheat ziti with chicken * (V) Lentil penne & tomato sauce w/ soy *#^ Grated cheese Tossed salad Fresh fruit	<b>8</b> Chicken chili (V) Veg out chili^ Broccoli & cheese salad Whole wheat bread/butter* Fresh fruit	<b>9</b> (V) Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit	<b>10</b> Hamburger slider (V) Black bean burger #^ Bean medley *Whole wheat roll Fresh fruit	<b>11</b> BBQ chicken leg (V) Mushroom stroganoff ^ California blend vegetables *Whole wheat bread/butter Fresh fruit
<b>14</b> Turkey sloppy joe (V) Vegetarian sloppy joe ^ Corn & edamame *Whole wheat roll Fresh fruit	<b>15</b> (V) Whole grain cheese melt * Tomato alphabet soup Fresh fruit	<b>16</b> Shepherd's Pie (V) Chickpea curry with potatoes^ Pineapple/mango coleslaw *Whole wheat bread/butter Fresh fruit	<b>17</b> Maryland-style chicken (V) Broccoli & cheddar quinoa w/brown rice * Sugar snaps & carrots *Whole wheat bread/butter Fresh fruit	<b>18</b> THANKSGIVING LUNCH Sliced turkey & gravy Sweet potatoes Cranberry relish Whole wheat bread/butter Fresh fruit
<b>21</b> Whole wheat Turk-a-roni* (V) White bean mushroom soup^ Grated cheese Southwest salad Fresh fruit	<b>22</b> (V) Whole grain pizza* Garden salad Fresh fruit	<b>23</b> (V) Beans & Brown rice^ Tossed salad Tortilla* Fresh fruit	<b>24</b>  <b>CLOSED FOR THANKSGIVING</b>	<b>25</b>  <b>CLOSED FOR THANKSGIVING</b>
<b>28</b> Chicken Alfredo with tri-color pasta (V) Tri-color pasta alfredo Salad Fresh fruit	<b>29</b> (V) Quiche Peas Whole wheat bread/butter* Fresh fruit	<b>30</b> Spaghetti & meat sauce* (V) Spaghetti & tomato sauce w/ soy #^ Grated cheese Spinach salad Fresh fruit	<i>Age-appropriate milk must be served with lunch</i>	<i>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</i>

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#Gluten free

\*Whole grain  
^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		<b>1</b> Chicken leg w/ buttermilk gravy (V) Picadillo^ Zucchini & yellow squash Whole wheat bread/butter * Fresh fruit	<b>2</b> Turkey taco w/whole wheat Tortilla* (V) Beans & brown rice burrito*^ Corn Grated cheese Fresh fruit
<b>5</b> Power veggie beef & chicken stew (V) Black bean tortilla soup^ Spinach salad Whole wheat bread/butter* Fresh fruit	<b>6</b> Turkey meatloaf (V) French lentils w/ thyme^ Mashed sweet potatoes Whole wheat bread/butter* Fresh fruit	<b>7</b> Dirty brown rice with beef* (V) Dirty brown rice^ Apple coleslaw Fresh fruit	<b>8</b> Bean, corn, & chicken quesadilla (V) Bean, corn & cheese quesadilla With whole wheat tortilla * Green Beans Fresh fruit	<b>9</b> (V) Lasagna Tossed salad Fresh fruit
<b>12</b> Whole wheat ziti with chicken * (V) Lentil penne & tomato sauce w/ soy *#^ Grated cheese Tossed salad Fresh fruit	<b>13</b> Chicken chili (V) Veg out chili^ Broccoli & cheese salad Whole wheat bread/butter* Fresh fruit	<b>14</b> (V) Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit	<b>15</b> Hamburger slider (V) Black bean burger #^ Bean medley *Whole wheat roll Fresh fruit	<b>16</b> BBQ chicken leg (V) Mushroom stroganoff ^ California blend vegetables *Whole wheat bread/butter Fresh fruit
<b>19</b> Turkey sloppy joe (V) Vegetarian sloppy joe ^ Corn & edamame *Whole wheat roll Fresh fruit	<b>20</b> (V) Whole grain cheese melt * Tomato alphabet soup Fresh fruit	<b>21</b> Shepherd's Pie (V) Chickpea curry with potatoes^ Pineapple/mango coleslaw *Whole wheat bread/butter Fresh fruit	<b>22</b> Maryland-style chicken (V) Broccoli & cheddar quinoa w/brown rice * Sugar snaps & carrots *Whole wheat bread/butter Fresh fruit	<b>23</b> (V) Whole wheat macaroni & cheese* Mixed vegetables Fresh fruit
<b>26</b>  <b>CLOSED FOR CHRISTMAS</b>	<b>27</b> Whole wheat Turk-a-roni* (V) White bean mushroom soup^ Grated cheese Southwest salad Fresh fruit	<b>28</b> (V) Whole grain pizza* Garden salad Fresh fruit	<b>29</b> Chicken Nuggets (V) Veggie nuggets Potato soup Whole wheat bread/butter* Fresh fruit	<b>30</b> (V) Beans & Brown rice^ Tossed salad Tortilla* Fresh fruit

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# January 2023 – Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> CLOSED FOR NEW YEARS	<b>3</b> Chicken Alfredo with tri-color pasta (V) Tri-color pasta alfredo Salad Fresh fruit	<b>4</b> Spaghetti & meat sauce* (V) Spaghetti & tomato sauce w/ soy #^ Grated cheese Spinach salad Fresh fruit	<b>5</b> Chicken leg w/ buttermilk gravy (V) Picadillo^ Zucchini & yellow squash Whole wheat bread/butter * Fresh fruit	<b>6</b> Turkey taco w/whole wheat Tortilla* (V) Beans & brown rice burrito*^ Corn Grated cheese Fresh fruit
<b>9</b> Power veggie beef & chicken stew (V) Black bean tortilla soup^ Spinach salad Whole wheat bread/butter* Fresh fruit	<b>10</b> Turkey meatloaf (V) French lentils w/ thyme^ Mashed sweet potatoes Whole wheat bread/butter* Fresh fruit	<b>11</b> Dirty brown rice with beef* (V) Dirty brown rice^ Apple coleslaw Fresh fruit	<b>12</b> Bean, corn, & chicken quesadilla (V) Bean, corn & cheese quesadilla With whole wheat tortilla * Green Beans Fresh fruit	<b>13</b> (V) Lasagna Tossed salad Fresh fruit
<b>16</b> CLOSED FOR MLK JR DAY	<b>17</b> Whole wheat ziti with chicken * (V) Lentil penne & tomato sauce w/ soy *#^ Grated cheese Tossed salad Fresh fruit	<b>18</b> Chicken chili (V) Veg out chili^ Broccoli & cheese salad Whole wheat bread/butter* Fresh fruit	<b>19</b> (V) Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit	<b>20</b> BBQ chicken leg (V) Mushroom stroganoff ^ California blend vegetables *Whole wheat bread/butter Fresh fruit
<b>23</b> Turkey sloppy joe (V) Vegetarian sloppy joe ^ Corn & edamame *Whole wheat roll Fresh fruit	<b>24</b> (V) Whole grain cheese melt * Tomato alphabet soup Fresh fruit	<b>25</b> Shepherd's Pie (V) Chickpea curry with potatoes^ Pineapple/mango coleslaw *Whole wheat bread/butter Fresh fruit	<b>26</b> Maryland-style chicken (V) Broccoli & cheddar quinoa w/brown rice * Sugar snaps & carrots *Whole wheat bread/butter Fresh fruit	<b>27</b> (V) Whole wheat macaroni & cheese* Mixed vegetables Fresh fruit
<b>30</b> Whole wheat Turk-a-roni* (V) White bean mushroom soup^ Grated cheese Southwest salad Fresh fruit	<b>31</b> (V) Whole grain pizza* Garden salad Fresh fruit		<i>Age-appropriate milk must be served with lunch</i>	<i>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</i>

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 ^Vegan



# February 2023 – Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> Chicken Patty (V) Veggie nuggets Tuscan bean and garlic soup Whole wheat bread/butter* Fresh fruit	<b>2</b> (V) Spinach manicotti Winter blend vegetables Whole wheat bread/butter* Fresh fruit	<b>3</b> (V) Beans & Brown rice^ Tossed salad Tortilla* Fresh fruit
<b>6</b> Chicken Alfredo with tri-color pasta (V) Tri-color pasta alfredo Salad Fresh fruit	<b>7</b> (V) Broccoli Quiche Peas Whole wheat bread/butter* Fresh fruit	<b>8</b> Spaghetti & meat sauce* (V) Spaghetti & tomato sauce w/ soy #^ Grated cheese Spinach salad Fresh fruit	<b>9</b> Chicken leg w/ buttermilk gravy (V) Picadillo^ Zucchini & yellow squash Whole wheat bread/butter * Fresh fruit	<b>10</b> Turkey taco w/whole wheat Tortilla* (V) Beans & brown rice burrito*^ Corn Grated cheese Fresh fruit
<b>13</b> Power veggie beef & chicken stew (V) Black bean tortilla soup^ Spinach salad Whole wheat bread/butter* Fresh fruit	<b>14</b> Turkey meatloaf (V) French lentils w/ thyme^ Mashed sweet potatoes Whole wheat bread/butter* Fresh fruit	<b>15</b> Dirty brown rice with beef* (V) Dirty brown rice^ Apple coleslaw Fresh fruit	<b>16</b> Bean, corn, & chicken quesadilla (V) Bean, corn & cheese quesadilla With whole wheat tortilla * Green Beans Fresh fruit	<b>17</b> (V) Lasagna Tossed salad Fresh fruit
<b>20</b> <p style="text-align: center;"><b>CLOSED FOR PRESIDENT'S DAY</b></p>	<b>21</b> Whole wheat ziti with chicken * (V) Lentil penne & tomato sauce w/ soy *#^ Grated cheese Tossed salad Fresh fruit	<b>22</b> Chicken chili (V) Veg out chili^ Broccoli & cheese salad Whole wheat bread/butter* Fresh fruit	<b>23</b> (V) Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit	<b>24</b> BBQ chicken leg (V) Mushroom stroganoff ^ California blend vegetables *Whole wheat bread/butter Fresh fruit
<b>27</b> Turkey sloppy joe (V) Vegetarian sloppy joe ^ Corn & edamame *Whole wheat roll Fresh fruit	<b>28</b> (V) Whole grain cheese melt * Tomato alphabet soup Fresh fruit		<i>Age-appropriate milk must be served with lunch</i>	<i>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</i>

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# March 2023 – Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Age-appropriate milk must be served with lunch</i></p>	<p><i>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</i></p>	<p><b>1</b> Shepherd's Pie (V) Chickpea curry with potatoes^ Pineapple/mango coleslaw *Whole wheat bread/butter Fresh fruit</p>	<p><b>2</b> Maryland-style chicken (V) Broccoli &amp; cheddar quinoa w/brown rice * Sugar snaps &amp; carrots *Whole wheat bread/butter Fresh fruit</p>	<p><b>3</b> (V) Whole wheat macaroni &amp; cheese* Mixed vegetables Fresh fruit</p>
<p><b>6</b> Whole wheat Turk-a-roni* (V) White bean mushroom soup^ Grated cheese Southwest salad Fresh fruit</p>	<p><b>7</b> (V) Whole grain pizza* Garden salad Fresh fruit</p>	<p><b>8</b> Chicken Nuggets (V) Veggie nuggets Potato soup Whole wheat bread/butter* Fresh fruit</p>	<p><b>9</b> (V) Spinach manicotti Winter blend vegetables Whole wheat bread/butter* Fresh fruit</p>	<p><b>10</b> (V) Beans &amp; Brown rice^ Tossed salad Tortilla* Fresh fruit</p>
<p><b>13</b> Chicken Alfredo with tri-color pasta (V) Tri-color pasta alfredo Salad Fresh fruit</p>	<p><b>14</b> (V) Quiche Peas Whole wheat bread/butter* Fresh fruit</p>	<p><b>15</b> Spaghetti &amp; meat sauce* (V) Spaghetti &amp; tomato sauce w/ soy #^ Grated cheese Spinach salad Fresh fruit</p>	<p><b>16</b> Chicken leg w/ buttermilk gravy (V) Picadillo^ Zucchini &amp; yellow squash Whole wheat bread/butter * Fresh fruit</p>	<p><b>17</b> Turkey taco w/whole wheat Tortilla* (V) Beans &amp; brown rice burrito*^ Corn Grated cheese Fresh fruit</p>
<p><b>20</b> Power veggie beef &amp; chicken stew (V) Black bean tortilla soup^ Spinach salad Whole wheat bread/butter* Fresh fruit</p>	<p><b>21</b> Turkey meatloaf (V) French lentils w/ thyme^ Mashed sweet potatoes Whole wheat bread/butter* Fresh fruit</p>	<p><b>22</b> Dirty brown rice with beef* (V) Dirty brown rice^ Apple coleslaw Fresh fruit</p>	<p><b>23</b> Bean, corn, &amp; chicken quesadilla (V) Bean, corn &amp; cheese quesadilla With whole wheat tortilla * Green Beans Fresh fruit</p>	<p><b>24</b> (V) Lasagna Tossed salad Fresh fruit</p>
<p><b>27</b> Whole wheat ziti with chicken * (V) Lentil penne &amp; tomato sauce w/ soy *#^ Grated cheese Tossed salad Fresh fruit</p>	<p><b>28</b> Chicken chili (V) Veg out chili^ Broccoli &amp; cheese salad Whole wheat bread/butter* Fresh fruit</p>	<p><b>29</b> (V) Ravioli w/olive oil, tomato sauce &amp; fresh basil Peas Fresh fruit</p>	<p><b>30</b> Hamburger slider (V) Black bean burger #^ Bean medley *Whole wheat roll Fresh fruit</p>	<p><b>31</b> BBQ chicken leg (V) Mushroom stroganoff ^ California blend vegetables *Whole wheat bread/butter Fresh fruit</p>

(V) Vegetarian meal  
#Gluten free

\*Whole grain  
^Vegan



# April 2023 – Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> Turkey sloppy joe (V) Vegetarian sloppy joe ^ Corn & edamame *Whole wheat roll Fresh fruit	<b>4</b> (V) Whole grain cheese melt * Tomato alphabet soup Fresh fruit	<b>5</b> Shepherd's Pie (V) Chickpea curry with potatoes^ Pineapple/mango coleslaw *Whole wheat bread/butter Fresh fruit	<b>6</b> Maryland-style chicken (V) Broccoli & cheddar quinoa w/brown rice * Sugar snaps & carrots *Whole wheat bread/butter Fresh fruit	<b>7</b> (V) Whole wheat macaroni & cheese* Mixed vegetables Fresh fruit
<b>10</b> Whole wheat Turk-a-roni* (V) White bean mushroom soup^ Grated cheese Southwest salad Fresh fruit	<b>11</b> (V) Whole grain pizza* Garden salad Fresh fruit	<b>12</b> Chicken Patty (V) Veggie nuggets Tuscan bean and garlic soup Whole wheat bread/butter* Fresh fruit	<b>13</b> (V) Spinach manicotti Winter blend vegetables Whole wheat bread/butter* Fresh fruit	<b>14</b> (V) Beans & Brown rice^ Tossed salad Tortilla* Fresh fruit
<b>17</b> Chicken Alfredo with tri-color pasta (V) Tri-color pasta alfredo Salad Fresh fruit	<b>18</b> (V) Broccoli Quiche Peas Whole wheat bread/butter* Fresh fruit	<b>19</b> Spaghetti & meat sauce* (V) Spaghetti & tomato sauce w/ soy #^ Grated cheese Spinach salad Fresh fruit	<b>20</b> Chicken leg w/ buttermilk gravy (V) Picadillo^ Zucchini & yellow squash Whole wheat bread/butter * Fresh fruit	<b>21</b> Turkey taco w/whole wheat Tortilla* (V) Beans & brown rice burrito*^ Corn Grated cheese Fresh fruit
<b>24</b> Power veggie beef & chicken stew (V) Black bean tortilla soup^ Spinach salad Whole wheat bread/butter* Fresh fruit	<b>25</b> Turkey meatloaf (V) French lentils w/ thyme^ Mashed sweet potatoes Whole wheat bread/butter* Fresh fruit	<b>26</b> Dirty brown rice with beef* (V) Dirty brown rice^ Apple coleslaw Fresh fruit	<b>27</b> Bean, corn, & chicken quesadilla (V) Bean, corn & cheese quesadilla With whole wheat tortilla * Green Beans Fresh fruit	<b>28</b> (V) Lasagna Tossed salad Fresh fruit
			<i>Age-appropriate milk must be served with lunch</i>	<i>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</i>

(V) Vegetarian meal  
 #Gluten free

\*Whole grain  
 ^Vegan



# May 2023 – Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> Whole wheat ziti with chicken * (V) Lentil penne & tomato sauce w/ soy *#^ Grated cheese Tossed salad Fresh fruit	<b>2</b> Chicken chili (V) Veg out chili^ Broccoli & cheese salad Whole wheat bread/butter* Fresh fruit	<b>3</b> (V) Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit	<b>4</b> Hamburger slider (V) Black bean burger #^ Bean medley *Whole wheat roll Fresh fruit	<b>5</b> BBQ chicken leg (V) Mushroom stroganoff ^ California blend vegetables *Whole wheat bread/butter Fresh fruit
<b>8</b> Turkey sloppy joe (V) Vegetarian sloppy joe ^ Corn & edamame *Whole wheat roll Fresh fruit	<b>9</b> (V) Whole grain cheese melt * Tomato alphabet soup Fresh fruit	<b>10</b> Shepherd's Pie (V) Chickpea curry with potatoes^ Pineapple/mango coleslaw *Whole wheat bread/butter Fresh fruit	<b>11</b> Maryland-style chicken (V) Broccoli & cheddar quinoa w/brown rice * Sugar snaps & carrots *Whole wheat bread/butter Fresh fruit	<b>12</b> (V) Whole wheat macaroni & cheese* Mixed vegetables Fresh fruit
<b>15</b> Whole wheat Turk-a-roni* (V) White bean mushroom soup^ Grated cheese Southwest salad Fresh fruit	<b>16</b> (V) Whole grain pizza* Garden salad Fresh fruit	<b>17</b> Chicken Nuggets (V) Veggie nuggets Potato soup Whole wheat bread/butter* Fresh fruit	<b>18</b> (V) Spinach manicotti Winter blend vegetables Whole wheat bread/butter* Fresh fruit	<b>19</b> (V) Beans & Brown rice^ Tossed salad Tortilla* Fresh fruit
<b>22</b> Chicken Alfredo with tri-color pasta (V) Tri-color pasta alfredo Salad Fresh fruit	<b>23</b> (V) Quiche Peas Whole wheat bread/butter* Fresh fruit	<b>24</b> Spaghetti & meat sauce* (V) Spaghetti & tomato sauce w/ soy #^ Grated cheese Spinach salad Fresh fruit	<b>25</b> Chicken leg w/ buttermilk gravy (V) Picadillo^ Zucchini & yellow squash Whole wheat bread/butter * Fresh fruit	<b>26</b> Turkey taco w/whole wheat Tortilla* (V) Beans & brown rice burrito*^ Corn Grated cheese Fresh fruit
<b>29</b>  <p style="text-align: center;"><b>CLOSED FOR MEMORIAL DAY</b></p>	<b>30</b> Power veggie beef & chicken stew (V) Black bean tortilla soup^ Spinach salad Whole wheat bread/butter* Fresh fruit	<b>31</b> Turkey meatloaf (V) French lentils w/ thyme^ Mashed sweet potatoes Whole wheat bread/butter* Fresh fruit	<i>Age-appropriate milk must be served with lunch</i>	<i>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</i>

(V) Vegetarian meal  
 #Gluten free

\*Whole grain  
 ^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		<b>1</b> Dirty brown rice with beef* (V) Dirty brown rice^ Apple coleslaw Fresh fruit	<b>2</b> (V) Lasagna Tossed salad Fresh fruit
<b>5</b> Whole wheat ziti with chicken * (V) Lentil penne & tomato sauce w/ soy *#^ Grated cheese Tossed salad Fresh fruit	<b>6</b> Chicken chili (V) Veg out chili^ Broccoli & cheese salad Whole wheat bread/butter* Fresh fruit	<b>7</b> (V) Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit	<b>8</b> Hamburger slider (V) Black bean burger #^ Bean medley *Whole wheat roll Fresh fruit	<b>9</b> BBQ chicken leg (V) Mushroom stroganoff ^ California blend vegetables *Whole wheat bread/butter Fresh fruit
<b>12</b> Turkey sloppy joe (V) Vegetarian sloppy joe ^ Corn & edamame *Whole wheat roll Fresh fruit	<b>13</b> (V) Whole grain cheese melt * Tomato alphabet soup Fresh fruit	<b>14</b> Shepherd's Pie (V) Chickpea curry with potatoes^ Pineapple/mango coleslaw *Whole wheat bread/butter Fresh fruit	<b>15</b> Maryland-style chicken (V) Broccoli & cheddar quinoa w/brown rice * Sugar snaps & carrots *Whole wheat bread/butter Fresh fruit	<b>16</b> (V) Whole wheat macaroni & cheese* Mixed vegetables Fresh fruit
<b>19</b> Whole wheat Turk-a-roni* (V) White bean mushroom soup^ Grated cheese Southwest salad Fresh fruit	<b>20</b> (V) Whole grain pizza* Garden salad Fresh fruit	<b>21</b> Chicken Patty (V) Veggie nuggets Tuscan bean and garlic soup Whole wheat bread/butter* Fresh fruit	<b>22</b> (V) Spinach manicotti Winter blend vegetables Whole wheat bread/butter* Fresh fruit	<b>23</b> (V) Beans & Brown rice^ Tossed salad Tortilla* Fresh fruit
<b>26</b> Chicken Alfredo with tri-color pasta (V) Tri-color pasta alfredo Salad Fresh fruit	<b>27</b> (V) Broccoli Quiche Peas Whole wheat bread/butter* Fresh fruit	<b>28</b> Spaghetti & meat sauce* (V) Spaghetti & tomato sauce w/ soy #^ Grated cheese Spinach salad Fresh fruit	<b>29</b> Chicken leg w/ buttermilk gravy (V) Picadillo^ Zucchini & yellow squash Whole wheat bread/butter * Fresh fruit	<b>30</b> Turkey taco w/whole wheat Tortilla* (V) Beans & brown rice burrito*^ Corn Grated cheese Fresh fruit

(V) Vegetarian meal  
#Gluten free

\*Whole grain  
^Vegan



# July 2023 – Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> Power veggie beef & chicken stew (V) Black bean tortilla soup^ Spinach salad Whole wheat bread/butter* Fresh fruit	<b>4</b> <p style="text-align: center;"><b>CLOSED FOR INDEPENDENCE DAY</b></p>	<b>5</b> Turkey meatloaf (V) French lentils w/ thyme^ Mashed sweet potatoes Whole wheat bread/butter* Fresh fruit	<b>6</b> Dirty brown rice with beef* (V) Dirty brown rice^ Apple coleslaw Fresh fruit	<b>7</b> (V) Lasagna Tossed salad Fresh fruit
<b>10</b> Whole wheat ziti with chicken * (V) Lentil penne & tomato sauce w/ soy *#^ Grated cheese Tossed salad Fresh fruit	<b>11</b> Chicken chili (V) Veg out chili^ Broccoli & cheese salad Whole wheat bread/butter* Fresh fruit	<b>12</b> (V) Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit	<b>13</b> Hamburger slider (V) Black bean burger #^ Bean medley *Whole wheat roll Fresh fruit	<b>14</b> BBQ chicken leg (V) Mushroom stroganoff ^ California blend vegetables *Whole wheat bread/butter Fresh fruit
<b>17</b> Turkey sloppy joe (V) Vegetarian sloppy joe ^ Corn & edamame *Whole wheat roll Fresh fruit	<b>18</b> (V) Whole grain cheese melt * Tomato alphabet soup Fresh fruit	<b>19</b> Shepherd's Pie (V) Chickpea curry with potatoes^ Pineapple/mango coleslaw *Whole wheat bread/butter Fresh fruit	<b>20</b> Maryland-style chicken (V) Broccoli & cheddar quinoa w/brown rice * Sugar snaps & carrots *Whole wheat bread/butter Fresh fruit	<b>21</b> (V) Whole wheat macaroni & cheese* Mixed vegetables Fresh fruit
<b>24</b> Whole wheat Turk-a-roni* (V) White bean mushroom soup^ Grated cheese Southwest salad Fresh fruit	<b>25</b> (V) Whole grain pizza* Garden salad Fresh fruit	<b>26</b> Chicken Nuggets (V) Veggie nuggets Potato soup Whole wheat bread/butter* Fresh fruit	<b>27</b> (V) Spinach manicotti Winter blend vegetables Whole wheat bread/butter* Fresh fruit	<b>28</b> (V) Beans & Brown rice^ Tossed salad Tortilla* Fresh fruit
<b>31</b> Chicken Alfredo with tri-color pasta (V) Tri-color pasta alfredo Salad Fresh fruit			<i>Age-appropriate milk must be served with lunch</i>	<i>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</i>

(V) Vegetarian meal  
#Gluten free

\*Whole grain  
^Vegan



# August 2023 – Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Age-appropriate milk must be served with lunch</i></p>	<p><b>1</b> (V) Quiche Peas Whole wheat bread/butter* Fresh fruit</p>	<p><b>2</b> Spaghetti &amp; meat sauce* (V) Spaghetti &amp; tomato sauce w/ soy #^ Grated cheese Spinach salad Fresh fruit</p>	<p><b>3</b> Chicken leg w/ buttermilk gravy (V) Picadillo^ Zucchini &amp; yellow squash Whole wheat bread/butter * Fresh fruit</p>	<p><b>4</b> Turkey taco w/whole wheat Tortilla* (V) Beans &amp; brown rice burrito*^ Corn Grated cheese Fresh fruit</p>
<p><b>7</b> Power veggie beef &amp; chicken stew (V) Black bean tortilla soup^ Spinach salad Whole wheat bread/butter* Fresh fruit</p>	<p><b>8</b> Turkey meatloaf (V) French lentils w/ thyme^ Mashed sweet potatoes Whole wheat bread/butter* Fresh fruit</p>	<p><b>9</b> Dirty brown rice with beef* (V) Dirty brown rice^ Apple coleslaw Fresh fruit</p>	<p><b>10</b> Bean, corn, &amp; chicken quesadilla (V) Bean, corn &amp; cheese quesadilla With whole wheat tortilla * Green Beans Fresh fruit</p>	<p><b>11</b> (V) Lasagna Tossed salad Fresh fruit</p>
<p><b>14</b> Whole wheat ziti with chicken * (V) Lentil penne &amp; tomato sauce w/ soy *#^ Grated cheese Tossed salad Fresh fruit</p>	<p><b>15</b> Chicken chili (V) Veg out chili^ Broccoli &amp; cheese salad Whole wheat bread/butter* Fresh fruit</p>	<p><b>16</b> (V) Ravioli w/olive oil, tomato sauce &amp; fresh basil Peas Fresh fruit</p>	<p><b>17</b> Hamburger slider (V) Black bean burger #^ Bean medley *Whole wheat roll Fresh fruit</p>	<p><b>18</b> BBQ chicken leg (V) Mushroom stroganoff ^ California blend vegetables *Whole wheat bread/butter Fresh fruit</p>
<p><b>21</b> Turkey sloppy joe (V) Vegetarian sloppy joe ^ Corn &amp; edamame *Whole wheat roll Fresh fruit</p>	<p><b>22</b> (V) Whole grain cheese melt * Tomato alphabet soup Fresh fruit</p>	<p><b>23</b> Shepherd's Pie (V) Chickpea curry with potatoes^ Pineapple/mango coleslaw *Whole wheat bread/butter Fresh fruit</p>	<p><b>24</b> Maryland-style chicken (V) Broccoli &amp; cheddar quinoa w/brown rice * Sugar snaps &amp; carrots *Whole wheat bread/butter Fresh fruit</p>	<p><b>25</b> (V) Whole wheat macaroni &amp; cheese* Mixed vegetables Fresh fruit</p>
<p><b>28</b> Whole wheat Turk-a-roni* (V) White bean mushroom soup^ Grated cheese Southwest salad Fresh fruit</p>	<p><b>29</b> (V) Whole grain pizza* Garden salad Fresh fruit</p>	<p><b>30</b> Chicken Patty (V) Veggie nuggets Tuscan bean and garlic soup Whole wheat bread/butter* Fresh fruit</p>	<p><b>31</b> (V) Spinach manicotti Winter blend vegetables Whole wheat bread/butter* Fresh fruit</p>	<p><i>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</i></p>

(V) Vegetarian meal  
#Gluten free

\*Whole grain  
^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			<b>1</b> (V) Beans & Brown rice^ Tossed salad Tortilla* Fresh fruit
<b>4</b>  CLOSED FOR LABOR DAY	<b>5</b> Chicken Alfredo with tri-color pasta (V) Tri-color pasta alfredo Salad Fresh fruit	<b>6</b> Spaghetti & meat sauce* (V) Spaghetti & tomato sauce w/ soy #^ Grated cheese Spinach salad Fresh fruit	<b>7</b> Chicken leg w/ buttermilk gravy (V) Picadillo^ Zucchini & yellow squash Whole wheat bread/butter * Fresh fruit	<b>8</b> Turkey taco w/whole wheat Tortilla* (V) Beans & brown rice burrito*^ Corn Grated cheese Fresh fruit
<b>11</b> Power veggie beef & chicken stew (V) Black bean tortilla soup^ Spinach salad Whole wheat bread/butter* Fresh fruit	<b>12</b> Turkey meatloaf (V) French lentils w/ thyme^ Mashed sweet potatoes Whole wheat bread/butter* Fresh fruit	<b>13</b> Dirty brown rice with beef* (V) Dirty brown rice^ Apple coleslaw Fresh fruit	<b>14</b> Bean, corn, & chicken quesadilla (V) Bean, corn & cheese quesadilla With whole wheat tortilla * Green Beans Fresh fruit	<b>15</b> (V) Lasagna Tossed salad Fresh fruit
<b>18</b> Whole wheat ziti with chicken * (V) Lentil penne & tomato sauce w/ soy *#^ Grated cheese Tossed salad Fresh fruit	<b>19</b> Chicken chili (V) Veg out chili^ Broccoli & cheese salad Whole wheat bread/butter* Fresh fruit	<b>20</b> (V) Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit	<b>21</b> Hamburger slider (V) Black bean burger #^ Bean medley *Whole wheat roll Fresh fruit	<b>22</b> BBQ chicken leg (V) Mushroom stroganoff ^ California blend vegetables *Whole wheat bread/butter Fresh fruit
<b>25</b> Turkey sloppy joe (V) Vegetarian sloppy joe ^ Corn & edamame *Whole wheat roll Fresh fruit	<b>26</b> (V) Whole grain cheese melt * Tomato alphabet soup Fresh fruit	<b>27</b> Shepherd's Pie (V) Chickpea curry with potatoes^ Pineapple/mango coleslaw *Whole wheat bread/butter Fresh fruit	<b>28</b> Maryland-style chicken (V) Broccoli & cheddar quinoa w/brown rice * Sugar snaps & carrots *Whole wheat bread/butter Fresh fruit	<b>29</b> (V) Whole wheat macaroni & cheese* Mixed vegetables Fresh fruit

(V) Vegetarian meal  
#Gluten free

\*Whole grain  
^Vegan