

	MON	TUE	WED	THU	FRI
WEEK 1		1 Beef Stir Fry Broccoli** Orange* WG Noodles NF or 1% Milk	2 Baked Chicken LS White Beans Baked Yams** Tangerine OR Tangelo* WG Roll NF or 1% Milk	3 <i>Independence Day Meal</i> BBQ Pulled Turkey Sandwich w/ WG Bun Brussel Sprouts Spring Mix Salad Greens Pineapple & Papaya*** Oatmeal Cookie NF or 1% Milk	4 4th of July Closed
WEEK 2	7 Beef Fajitas Corn Green Beans Tangerine OR Tangelo* WG Tortilla NF or 1% Milk	8 Chicken Chile Verde LS Pinto Beans Cantaloupe*** Brown Rice NF or 1% Milk	9 Fish Piccata Sauteed Red & Orange Bell Peppers Pineapple & Papaya*** WG Pasta NF or 1% Milk	10 Beef Stew Garlic Kale** Honeydew Melon* Brown Rice NF or 1% Milk	11 Poblano Creamy Chicken Green Beans Orange* WG Pasta NF or 1% Milk
WEEK 3	14 Chicken Tikka Masala Roasted Eggplant, Tomatoes, & Onion Cantaloupe*** Brown Rice NF or 1% Milk	15 Lemon Glazed Fish Sweet Potato Mash** Pineapple & Papaya*** Quinoa NF or 1% Milk	16 Beef & Broccoli Broccoli (in Entrée)*** Bok Choy Honeydew Melon* Brown Rice NF or 1% Milk	17 Chicken Pasta Primavera Green Peas Tangerine OR Tangelo* WG Pasta NF or 1% Milk	18 Beef Chile Colorado LS Black Beans Zucchini Kiwi* WG Tortilla NF or 1% Milk
WEEK 4	21 Fish w/ Garlic Sauce Spinach** Orange* Quinoa NF or 1% Milk	22 Carne Asada LS Refried Beans Chayote w/ Onions & Tomatoes Kiwi* WG Tortilla NF or 1% Milk	23 Sesame Chicken Parsnips Cantaloupe*** WG Noodles w/ Bamboo Shoots & Cabbage NF or 1% Milk	24 Meatloaf Vegetable Medley Mash Potatoes Pineapple & Papaya*** WG Dinner Roll NF or 1% Milk	25 Chicken Pesto Pasta Carrots** Honeydew Melon** WG Pasta NF or 1% Milk
WEEK 5	28 Pepper Steak Green Bean, Mushroom, & Onion Stir Fry Bok Choy Pineapple & Papaya*** WG Dinner Roll NF or 1% Milk	29 Chicken Tinga Roasted Corn Cantaloupe*** Brown Rice NF or 1% Milk	30 White Fish Carrots** Orange* Quinoa NF or 1% Milk	31 Chicken Enchiladas Verde LS Black Beans Yellow Summer Squash Kiwi* WG Tortilla NF or 1% Milk	* Vitamin C Rich ** Vitamin A Rich *** Vitamin C & A Rich Milk is served daily Meal is subject to change without notice