



Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1</p> <p>AM Snack: Organic banana bread</p> <p>Lunch: Ground turkey with peppers and onions, black bean rice, and tomato-mango salsa</p> <p>Vegetarian: Black bean rice, and tomato-mango salsa</p> <p>Dessert: Fresh Cut Fruit</p> <p>Soup: Vegetable soup</p> <p>PM Snack: Fresh cut melon with organic string cheese</p>	<p>2</p> <p>AM Snack: Whole grain pita bread with a organic greek yogurt chicken salad</p> <p>Lunch: Whole grain pasta with vegetable blend tomato sauce, and sweet pea cauliflower rice</p> <p>Vegetarian: Whole grain pasta with vegetable blend tomato sauce, and sweet pea cauliflower rice</p> <p>Dessert: Fresh Cut Fruit</p> <p>Soup: Cream of Chicken and potatoes</p> <p>PM Snack: Fresh clementine with organic whole grain crackers</p>	<p>3</p> <p>AM Snack: Strawberry yogurt with organic granola</p> <p>Lunch: Homemade chicken tenders, rice with mixed corn, and diced cucumber and strawberries</p> <p>Vegetarian: Bean burger patty, rice with mixed corn, and diced cucumber and strawberries</p> <p>Dessert: Fresh Cut Fruit</p> <p>Soup: Tomato bisque</p> <p>PM Snack: Egg salad made with organic greek yogurt and naan bread</p>	<p>4</p> <p>No School</p> <p>4th of July Holiday</p>
<p>7</p> <p>AM Snack: Organic oat cereal with organic milk</p> <p>Lunch: Pulled chicken in yellow rice, with steamed peas and carrots</p> <p>Vegetarian: white bean and vegetable rice with steamed peas and carrots</p> <p>Dessert: Fresh Cut Fruit</p> <p>Soup: Lentil soup</p> <p>PM Snack: Fresh cut apples with organic honey crackers</p>	<p>8</p> <p>AM Snack: Organic blueberry muffin</p> <p>Lunch: Ground lean beef, cilantro rice, and buttered corn</p> <p>Vegetarian: Refried beans, cilantro rice, and buttered corn</p> <p>Dessert: Fresh Cut Fruit</p> <p>Soup: Tortilla soup</p> <p>PM Snack: String cheese and melon sticks</p>	<p>9</p> <p>AM Snack: Organic egg salad made with organic greek yogurt and pita bread</p> <p>Lunch: Bowtie pasta with pulled chicken in cream sauce, and baked broccoli</p> <p>Vegetarian: Bowtie pasta with tofu cream sauce and baked broccoli</p> <p>Dessert: Fresh cut Fruit</p> <p>Soup: Cream of cauliflower</p> <p>PM Snack: Organic strawberry yogurt with berries</p>	<p>10</p> <p>AM Snack: Organic vanilla yogurt with organic granola</p> <p>Lunch: Pulled turkey in a light tomato broth, potato puree, and steamed green beans</p> <p>Vegetarian: white bean and tomato broth, potato puree, with steamed green beans</p> <p>Dessert: Fresh Cut Fruit</p> <p>Soup: vegetable soup</p> <p>PM Snack: Diced mixed fruit salad</p>	<p>11</p> <p>AM Snack: Fresh whole banana</p> <p>Lunch: Homemade popcorn chicken, tater tots, and diced cucumber and tomatoes</p> <p>Vegetarian: crispy tofu, tater tots, and diced tomatoes and cucumber</p> <p>Dessert: Fresh Cut Fruit</p> <p>Soup: Cream of chickpea</p> <p>PM Snack: Toddler snack bundle (dried fruit, cheese, organic granola and oats)</p>
<p>14</p> <p>AM Snack: Organic oat cereal with organic milk</p> <p>Lunch: Braised chicken, white rice with diced carrots, and roasted plantains</p> <p>Vegetarian: white bean and vegetables, white rice with diced carrots, and roasted plantains</p> <p>Dessert: Fresh Cut Fruit</p> <p>Soup: Vegetable soup</p>	<p>15</p> <p>AM Snack: Organic mini bagels with organic cream cheese</p> <p>Lunch: Beef and egg fried rice, mix vegetables and garden salad</p> <p>Vegetarian: roasted tofu, fried rice and mix vegetables</p> <p>Dessert: Fresh Cut Fruit</p> <p>Soup: Tomato and basil bisque</p> <p>PM Snack: Fresh whole banana</p>	<p>16</p> <p>AM Snack : Chicken and apple salad spread with whole grain crackers</p> <p>Lunch: macaroni pasta with three cheese sauce sauce, and chickpea cucumber salad</p> <p>Vegetarian: macaroni pasta with three cheese sauce sauce, and chickpea cucumber salad</p> <p>Dessert: Fresh Cut Fruit</p> <p>Soup: Chicken and potato soup</p> <p>PM Snack: Fresh cut orange</p>	<p>17</p> <p>AM Snack: Organic strawberry yogurt with cut berries</p> <p>Lunch: Meatballs with mash potato, and roasted green beans</p> <p>Vegetarian: vegetable meatball, mash potato, and roasted green beans</p> <p>Dessert: Fresh Cut Fruit</p> <p>Soup: Cream of broccoli</p> <p>PM Snack: Organic string cheese with whole grain crackers</p>	<p>18</p> <p>AM Snack: Organic wheat toast with organic cream cheese</p> <p>Lunch: Homemade chicken tenders, roasted potatoes, and steamed broccoli</p> <p>Vegetarian: Black bean stew, roasted potatoes, and steamed broccoli</p> <p>Dessert: Fresh Cut Fruit</p> <p>Soup: Red bean soup</p>

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<p>PM Snack: Watermelon with string cheese</p>				<p>PM Snack: soft pita chips with homemade chickpea hummus</p>
<p>21 AM Snack: Fresh organic fruit smoothie</p> <p>Lunch: Whole grain pasta with ground turkey tomato sauce, and green bean salad Vegetarian: Whole grain pasta with ground lentil tomato sauce, and green bean salad Dessert: Fresh Cut Fruit Soup: Cream of broccoli</p> <p>PM Snack: Organic homemade cornbread</p>	<p>22 AM Snack: Organic banana bread</p> <p>Lunch: lemon and herb baked chicken, potato and cauliflower puree, and steamed buttered peas Vegetarian: Lemon chickpea stew, potato and cauliflower puree, and steamed buttered peas Dessert: Fresh Cut Fruit Soup: Mix vegetable soup</p> <p>PM Snack: Fresh banana with whole grain organic crackers</p>	<p>23 AM Snack: Egg muffin with cottage cheese</p> <p>Lunch: Black beans with vegetables, white rice, and sweet plantains Vegetarian: Black beans with vegetables, white rice, and sweet plantains Dessert: Fresh Cut Fruit Soup: Chicken and noodles</p> <p>PM Snack: Chicken salad with organic greek yogurt and naan bread</p>	<p>24 AM Snack: Organic vanilla yogurt with organic granola</p> <p>Lunch: Shredded beef in tomato sauce, white rice, and white bean-mango salsa Vegetarian: Spaghetti squash, white rice, and white bean- mango salsa Dessert: Fresh Cut Fruit Soup: Cream of potato</p> <p>PM Snack: Organic string cheese with sliced melon</p>	<p>25 AM Snack: Organic tapioca pudding</p> <p>Lunch: Beef sliders, home baked fries and sliced tomatoes Vegetarian: Black bean burger sliders, home fries, sliced tomatoes Dessert: Fresh Cut Fruit Soup: Butternut squash soup</p> <p>PM Snack: Fresh cut apples with organic vanilla cream</p>
<p>28 AM Snack: Organic oat cereal with organic milk</p> <p>Lunch: Ground turkey with peppers and onions, red bean rice, and steamed carrots Vegetarian: Red bean rice, and steamed carrots Dessert: Fresh Cut Fruit Soup: Cream of broccoli</p> <p>PM Snack: Watermelon sticks with organic whole grain crackers</p>	<p>29 AM Snack: Organic pumpkin bread</p> <p>Lunch: Chicken strips, with peppers and onions, cilantro rice and corn on the cob Vegetarian: Tofu bites with peppers and onions, cilantro rice and corn on the cob Dessert: Fresh Cut Fruit Soup: Vegetable soup</p> <p>PM Snack: Organic string cheese and banana</p>	<p>30 AM Snack: Organic naan bread with egg salad spread made with organic greek yogurt</p> <p>Lunch: Cheese tortellini, with a beef tomato sauce, and steamed peas Vegetarian: Cheese tortellini, with a vegetable tomato sauce, and steamed peas Dessert: Fresh Cut Fruit Soup: Chicken and potato</p> <p>PM Snack: Fresh cut fruit salad</p>	<p>31 AM Snack: Mini whole grain bagels with organic cream cheese</p> <p>Lunch: Ground lean beef, roasted potatoes, and roasted zucchini Vegetarian: Red beans and vegetables, roasted potatoes, with roasted zucchini Dessert: Fresh Cut Fruit Soup: Cream of Cauliflower</p> <p>PM Snack: Fresh diced pineapple with berries</p>	

*Menus are subject to change from week to week based on food shortages and high demand