

What's for lunch?

June 6-10	Monday	Tuesday	Wednesday	Thursday	Friday
Entrée	Mac & Cheese (G D)	Cornflake Chicken (G D E)	French Toast with a Side of Turkey Bacon (G D E)	Chicago Beef Hot Dogs	Rice with Pesto Chicken & Tomatoes (D)
Vegetarian Entrée	Rice Noodles with Chickpeas & Herbs	Herb Tofu (S)		Vegetarian Hot Dogs (E G S)	Marinated Red Bean Salad
Side	Roasted Carrots	Steamed Peas	Home Fries	Steamed Broccoli	Steamed Green Beans
Side	Steamed Collard Greens	Roasted Sweet Potatoes	Sautéed Spinach	Baked Beans	Sautéed Mushrooms
Soup	Lentil	Spring Carrot	Oatmeal (G)	Spring Potato & Onion	Vegetable & Quinoa

Cold Bar offerings include: salad greens, vegetable crudités, flavored yogurts & granola, deli meats (ham or turkey), cheese, hard-boiled eggs, olives or pickles, pita crisps or soft pita, wraps, bread, sunflower butter & jelly sandwiches, specialty spread, specialty salad and condiment bar (vegan mayo, ketchup, mustard, tamari & salad dressings).

We serve water, local milk and fresh fruit daily. On Fridays, we offer a special dessert (gluten-free/dairy-free dessert available).



What's for lunch?

June 13-17	Monday	Tuesday	Wednesday	Thursday	Friday
Entrée	Breaded Pork Cutlets <small>E G D P</small>	Buffalo Chicken Drumsticks <small>D</small>	Turkey Tacos	Teriyaki Beef Meatballs <small>A G E S</small>	Picnic Day: Chicken Salad Sandwiches
Vegetarian Entrée	Baked Ravioli <small>G D</small>	Lentil & Carrot Salad	Seasoned Black Beans	Teriyaki Tofu <small>S</small>	Mozzarella, Tomato & Basil Sandwiches <small>D</small>
Side	Steamed Peas	Steamed Green Beans	Cilantro Rice	Steamed Broccoli	Red Onion, Shredded Lettuce, Sliced Tomatoes
Side	Roasted Zucchini	Herb Roasted Potatoes	Steamed Corn	Sautéed Bok Choy	Potato Salad
Soup	Lentil	Spring Pea	Chicken Tortilla	Miso <small>S</small>	Tomato

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NON-VEGETARIAN **VEGETARIAN** **D** CONTAINS DAIRY **G** CONTAINS GLUTEN **E** CONTAINS EGG **S** CONTAINS SOY **A** CONTAINS SESAME **P** CONTAINS PORK



What's for lunch?

June 20-24	Monday	Tuesday	Wednesday	Thursday	Friday
Entrée	Pasta with Pesto Cream Sauce G D	Spring Herb Chicken	BBQ Turkey Burgers	Beef Fried Rice A S	Fish Sticks G D E
Vegetarian Entrée	Rice Noodles with Broccoli	Quinoa with Spring Vegetables	Chickpea Burgers E	Vegetable Fried Rice	Herb Tofu S
Side	Steamed Peas	Steamed Broccoli	Steamed Green Beans	Sautéed Spinach	Roasted Carrots
Side	Roasted Zucchini	Steamed Corn	Roasted Sweet Potatoes	Tamari Sautéed Mushrooms S	Spring Herb Mashed Potatoes D
Soup	Tuscan Chickpea	Spring Carrot	Spring Minestrone G	Miso S	Chicken Noodle G

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What's for lunch?

June 27-
July 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Entrée	Apple Glazed Pork Chops P	Chicken with Israeli Cous Cous G	Tex Mex Turkey Meatballs G E	Beef Burgers	Arroz Con Pollo
Vegetarian Entrée	Spaghetti with Marinara G	Lentil & Carrot Salad	Tex Mex Tofu Scramble S	Chickpea Burgers E	Mexican Rice & Beans
Side	Steamed Peas	Sautéed Spinach	Steamed Corn	Steamed Green Beans	Roasted Carrots
Side	Roasted Zucchini	Roasted Sweet Potatoes	Roasted Plantains	Herb Roasted Potatoes	Steamed Kale
Soup	Tomato	Spring Pea	Three Sisters	Tuscan Chickpea	Vegetable & Quinoa

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