

# LUNCH MENU

## JUNE 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1 (PLANT BASED)</b> - Hearty Summer Minestrone Soup - Chickpea of the Sea Tuna Salad - Whole Wheat Bread - Capri Blend Vegetables (1 svg) - Apple - 1% LFT Milk	<b>2</b> - Beef and Cheese Lasagna - Whole Wheat Bread - Garden Salad (no dressing) (1 svg) - Orange - 1% LFT Milk	<b>3</b> - Teriyaki Pork Loin - Whole Wheat Bread - Yellow Rice - Sauteed Zucchini (1 svg) - 1% LFT Milk	<b>4</b> - Baked Chicken Quarters - Whole Wheat Bread - Normandy Blend (1 svg) - 1% LFT Milk	<b>5</b> - Fish with Mushrooms, Peppers, & Tomatoes - Whole Wheat Bread - Baked Red Potato - 1% LFT Milk
<b>8</b> - Arroz con Pollo (Chicken Breast & Rice) - Classic Garlic Bread - Roasted Broccoli (1 svg) - 1% LFT Milk	<b>9</b> - Baked Macaroni and Cheese - Whole Wheat Bread - Italian Blend Vegetables (1 svg) - 1% LFT Milk	<b>10 (PLANT BASED)</b> - Whole Wheat Quesadillas with Cheddar, Black Beans, and Vegetables - Whole Wheat Bread - Baby Carrots & Parsley (1 svg) - 1% LFT Milk	<b>11</b> - Balsamic Chicken Thighs - Whole Wheat Bread - Baked Sweet Potato - Garden Salad (no dressing) (1 svg) - 1% LFT Milk	<b>12</b> - Baked Fish with Cream Corn Sauce - Whole Wheat Bread - Garlic Mashed Potatoes (1 svg) - Sauteed String Beans (1 svg) - 1% LFT Milk
<b>15</b> - Chicken Marsala - Whole Wheat Bread - Wild Rice Pilaf - Sauteed Zucchini (1 svg) - Apple - 1% LFT Milk	<b>16 (PLANT BASED)</b> - Tuscan Chickpea Pasta with Zucchini and Basil - Whole Wheat Bread - Garden Salad (no dressing) (1 svg) - Marinated Tomatoes (1 svg) - Honeydew - 1% LFT Milk	<b>17</b> - Cheddar & Potato Bake - Whole Wheat Bread - Sauteed String Beans (1 svg) - Orange - 1% LFT Milk	<b>18</b> - Baked Korean Chicken Wings - Whole Wheat Bread - Broccoli & Red Peppers (1 svg) - French Fries (preprepared) - Fruit Salad - 1% LFT Milk	<b>19</b> - Stuffed Fish - Whole Wheat Bread - Capri Blend Vegetables (1 svg) - Parmesan Rosemary Mashed Potatoes - Cantaloupe - 1% LFT Milk
<b>22 (PLANT BASED)</b> - Spinach Mozzarella Quiche - Whole Wheat Bread - Baked Potato - Capri Blend Vegetables (1 svg) - Orange - 1% LFT Milk	<b>23</b> - Pork Loin with Curried Pineapple - Brown Rice (1 cup) - Whole Wheat Bread - Normandy Blend (1 svg) - Fruit Cocktail (1 svg) - 1% LFT Milk	<b>24</b> - Arroz con Pollo (Chicken Breast & Rice) - Whole Wheat Bread - Broccoli with Teriyaki Sauce (1 svg) - Fresh Pineapple (1 svg) - 1% LFT Milk	<b>25 (PLANT BASED)</b> - Caribbean Rice & Red Beans - Whole Wheat Bread - Sauteed String Beans (1 svg) - Applesauce (1 svg) - 1% LFT Milk	<b>26</b> - Asian Style White Fish with Cilantro - Whole Wheat Bread - Asian Cucumber Salad (1 svg) - Roasted Zucchini (1 svg) - Baked Apples with Crumble Topping - 1% LFT Milk
<b>29</b> - Baked Chicken Thighs - Roasted Spiced Red Potatoes - Whole Wheat Bread - Vegetable Mix non-starchy) (1 svg) - Cantaloupe - 1% LFT Milk	<b>30 (PLANT BASED)</b> - Arroz con Gandules (Mexican Style Brown Rice with Pigeon Peas) (1 cup) - Bean Salad with French Dressing - Whole Wheat Bread - Yellow Plantains - Fresh Pineapple (1 svg) - 1% LFT Milk	<b>1</b> - Beef Meatloaf with Mushroom Gravy - Cornbread - Whole Wheat Bread - Sauteed Zucchini (1 svg) - Tangerines (2) (1 svg) - 1% LFT Milk	<b>2</b> - Chicken Marsala - Whole Wheat Bread - Yellow Rice - Italian Blend Vegetables (1 svg) - Apple - 1% LFT Milk	<b>3</b> - Baked Fish Oreganata - Garlic Mashed Potatoes (1 svg) - Whole Wheat Bread - Spiced Mixed Vegetables (non-starchy) (1 svg) - Watermelon - 1% LFT Milk