

LUNCH MENU

JULY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 - Beef Meatloaf with Mushroom Gravy - Cornbread - Whole Wheat Bread - Sauteed Zucchini (1 svg) - Tangerines (2) (1 svg) - 1% Low Fat Milk	2 - Chicken Marsala - Whole Wheat Bread - Yellow Rice - Italian Blend Vegetables (1 svg) - Apple - 1% Low Fat Milk	3 
6 - Easy Chicken Salad Wrap - Normandy Blend (1/2 svg) - Lettuce and Tomato (1/2 svg) - Orange - 1% Low Fat Milk	7 (PLANT BASED) - Traditional Whole Wheat Bean Burrito - Whole Wheat Bread - Garden Salad (no dressing) (1 svg) - Grapes - 1% Low Fat Milk	8 - Grandma's Baked Eggplant Parmesan - Whole Wheat Bread - Vegetable Mix (non-starchy) (1 svg) - Cantaloupe - 1% Low Fat Milk	9 (Independence Day) - Beef Hamburger - Whole Wheat Bread - French Fries - Baby Spinach Salad w/ Chickpeas & Lemon Vinaigrette (1 svg) - Tangerines (2) - 1% Low Fat Milk	10 - Baked Fish with Cream Corn Sauce - Whole Wheat Bread - Mashed Sweet Potatoes (1 svg) - Bangladeshi Style Mixed Vegetables (non-starchy) - Strawberries (1 svg) - 1% Low Fat Milk
13 - Baked Chicken Quarters - Whole Wheat Bread - Savory Rice and Chickpeas - Steamed Broccoli (1 svg) - Orange - 1% Low Fat Milk	14 (PLANT BASED) - Chili-Lime Black Bean Salad - Whole Wheat Bread - Brown Rice (1 cup) - Vegetable Mix (non-starchy) (1/2 svg) - Apple - 1% Low Fat Milk	15 - Chicken Fajitas - Whole Wheat Bread - Zucchini with Onions and Peppers (1 svg) - Pear - 1% Low Fat Milk	16 - Turkey Meatloaf - Garlic Mashed Potatoes (1 svg) - Whole Wheat Bread - Caesar Salad (1 svg) - Applesauce (1 svg) - 1% Low Fat Milk	17 - Baked Fish with Lemon Garlic Butter Sauce - Whole Wheat Bread - Sauteed Sweet Potatoes (1 svg) - Italian Blend Vegetables (1 svg) - Banana - 1% Low Fat Milk
20 - Beef Hamburger - Baked Fries - Whole Wheat Bread - Corn on the Cob with Chili Lime Butter & Cotija - Bangladeshi Style Mixed Vegetables (non-starchy) - Orange - 1% Low Fat Milk	21 (PLANT BASED) - Fried Brown Rice with Crispy Tofu & Veggies - Cornbread - Garden Salad (no dressing) (1 svg) - Apple - 1% Low Fat Milk	22 (BIRTHDAY LUNCH) - Baked Salmon with Cilantro Citrus Sauce - Whole Wheat Bread - Garlic Mashed Potatoes - Baby Spinach Salad with Black Beans - Banana (1 svg) - 1% Low Fat Milk	23 - Asopao de Pollo (Puerto Rican Chicken Stew) - Whole Wheat Dinner Roll - Baby Spinach Salad with Cannellini Beans and Lemon Vinaigrette (1 svg) - Banana - 1% Low Fat Milk	24 - Asian Style White Fish with Cilantro - Springtime Fried Brown Rice - Whole Wheat Bread - Steamed Spinach (1 svg) - Pear - 1% Low Fat Milk
27 - Classic Chicken Cacciatore - Whole Wheat Pasta (1 cup) - Italian Blend Vegetables - Orange - 1% Low Fat Milk	28 (PLANT BASED) - Whole Wheat Quesadillas with Cheddar, Black Beans, & Vegetables - Brown Rice (1 cup) - Garden Salad (no dressing) (1/2 svg) - Apple - 1% Low Fat Milk	29 - Beef Stroganoff (Dairy-Free) - Egg Noodles - Broccoli with Toasted Garlic (1 svg) - Peach - 1% Low Fat Milk	30 - Eggplant Parmesan with Ricotta - Whole Wheat Spaghetti - Baby Spinach Salad with Kidney Beans and Lemon Vinaigrette (1 svg) - Pear - 1% Low Fat Milk	31 - Baked Fish Oreganata - Roasted Potatoes - Whole Wheat Bread - Spiced Mixed Vegetables (non-starchy) (1 svg) - Banana (1 svg) - 1% Low Fat Milk