


# July 2013 LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
1 French Toast Casserole and Turkey Sausage Orange and Grapefruit Slices	2 Pineapple Black Bean Rice Salad and Cucumber Slices	3 Beef Tips with Demi Glaze over Wheat Penne and Tossed Salad	4 Closed 4 <sup>th</sup> Of July	5 Banana Berry On The Go Peanut Butter Wraps and Snap Peas
8 BBQ Pork Loin Sandwich on Whole Wheat Roll Confetti Coleslaw and Pineapple	9 Broccoli Chickpea Salad with Whole Wheat Bread Stick and Watermelon	10 Deceptively Delicious Tuna Wrap and Snap Peas and Cantaloupe	11 Mexi-Quinoa Salad Berries	12 Turkey Cranberry Spinach Salad with Citrus Dressing Whole Wheat Bread Rolls
15 Bean And Cheese Taquitos with Homemade Salsa and Corn Salad Summer Fruit	16 Hummus with Veggie Sticks and Whole Wheat Breadstick Grapefruit	17 Beef Taco Salad and Fruit Salsa with Cinnamon Chips	18 Sundried Tomato and Chicken Orzo Pasta Plums	19 Grilled Tuna Patty with Marinated Veggie Salad and Whole Wheat Roll Watermelon
22 Citrus Chicken Salad Whole Wheat Bread Sticks and Melon Duo	23 Southwestern Peppercorn Rice Salad with Black Beans Summer Fruit	24 Spinach & Tortilla Cheese Pizza Rolls Honey Dew	25 Tomato Basil Bisque and Cheese Slices Whole Wheat Rolls Peaches	26 Cobb Salad Wraps With Lettuce and Tomato Summer Fruit
29 Caesar Chicken Wraps With Romaine Lettuce Pineapple	30 Roasted Turkey Slices and Zucchini Stir Fry Whole Wheat Roll Pineapple	31 Tuna Melts on Whole Wheat Bread with Tossed Salad and Watermelon		

\*All fruits and vegetables are fresh. Any grain should be whole wheat or multi-grain. All milk based products such as cheeses are 2%. All meats should be lean cut and low sodium. Any dip should be low fat or fat free. All meals served with milk.