

# JULY 2014 LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Club Chicken Salad w/ Homemade Croutons  Red Grapes	2 Tamale Pie  Pepper Slices  Pears	3 Peanut Butter, Jam, Banana, and Granola Wraps  Snap Peas  Pink Lady Apples	4  CLOSED
7  Beef Fajita Salad Over Greens Cinnamon Chips Fruit Salsa	8  Roast Turkey, Potatoes, and Carrots  Breadstick  Red and Green Grapes, Blueberries	9  BBQ Chicken Sandwiches on Wheat Roll  Cucumber/Celery Sticks and Healthy Ranch Dip  Red Plums	10  Bean and Cheese Burritos  Pepper Slices  Navel Oranges	11  Grilled Provolone Sammies with Marinara Dipping Sauce  Veggie Sticks and Healthy Ranch  Melon Medley
14  Beefy Mac Tossed Salad Golden Delicious Apples	15  Turkey Wild Rice Casserole  Steamed Carrots  Red Grapes	16  Beef Tips over Wheat Egg Noodles Garden Greens with Kale  Mandarin Oranges	17  Teriyaki Pork Loin Sautéed Cabbage and Onion Tossed with Wheat Pasta  Pineapple and Watermelon	18  Grilled Chicken and Avocado Sandwiches on Wheat Roll  Snap Peas  Pink Lady Apples
21  Sweet and Sour Chicken Stir Fry Veggies Brown Rice  Pineapple	22  Roasted Jerk Pork Wraps  Cabbage Slaw  Mango	23  Whole Wheat French Bread Pizzas with Turkey Sausage  Garden Salad  Navel Oranges	24  Whole Wheat Pasta Tossed with Roasted Tomatoes, Kale, and Turkey  Nectarines	25  Beef and Cheese Nachos with Homemade Chips, Lettuce and Tomato Salsa
28  Chicken and Vegetable Soup  Wheat Roll  Red Plums	29  French Toast Sticks Turkey Sausage and Egg Scramble  Honeydew	30  Turkey Burger Sliders on Wheat Roll  Snap Peas  Watermelon	31  Southwestern Pizza  Garden Salad  Pink Lady Apples and Peanut Butter	

