

JUNE 2014 LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Whole Wheat Turkey Pasta with Roasted Tomatoes, Broccoli, and Kale</p> <p>Sweet Potato Bake</p>	<p>3</p> <p>Ground Beef Nachos with Whole Wheat Tortilla, Lettuce, and Tomato</p> <p>Honeydew</p>	<p>4</p> <p>Sweet and Sour Pork Stir-Fry Veggies Brown Rice</p> <p>Pineapple</p>	<p>5</p> <p>Chicken Fajita Salad Wheat Roll</p> <p>Mandarin Oranges</p>	<p>6</p> <p>Zucchini Italiano with Turkey Sausage</p> <p>Breadsticks</p> <p>Cantaloupe and Blueberries</p>
<p>9</p> <p>Wheat Bread with Fresh Fruit Preserves and Peanut Butter Cucumber Slices</p> <p>Cantaloupe</p>	<p>10</p> <p>Brown Rice Greek Salad <small>(olives, sundried tomatoes, red onion, feta cheese)</small></p> <p>Red Grapes</p>	<p>11</p> <p>Turkey Cranberry Wraps with Lettuce and Tomato</p> <p>Pineapple</p>	<p>12</p> <p>French Toast Stick with Scrambled Eggs</p> <p>Watermelon</p>	<p>13</p> <p>Penne with Meaty Marinara</p> <p>Tossed Salad</p> <p>Pears</p>
<p>16</p> <p>Grilled Tuna Patty on Wheat Roll</p> <p>Cucumber Slices</p> <p>Blood Oranges</p>	<p>17</p> <p>Cheese and Veggie Pizza</p> <p>Tossed Salad</p> <p>Red Apples and Peanut Butter</p>	<p>18</p> <p>Healthy Crab Salad over Lettuce</p> <p>Breadsticks</p> <p>Green Grapes</p>	<p>19</p> <p>Chicken and Black Bean Quesadilla</p> <p>Pepper Slices</p> <p>Watermelon</p>	<p>20</p> <p>Dirty Rice with Chicken and Turkey Sausage</p> <p>Roasted Zucchini</p> <p>Star Fruit and Blackberries</p>
<p>23</p> <p>BBQ Beef Sandwiches on Wheat Roll</p> <p>Coleslaw</p> <p>Pineapple and Cantaloupe</p>	<p>24</p> <p>Southwestern Chicken Salad Wrap w/ Lettuce and Tomato</p> <p>Mandarin Oranges</p>	<p>25</p> <p>Turkey Waldorf Salad</p> <p>Garlic Toast</p> <p>Red Grapes</p>	<p>26</p> <p>Beef Ragout with Spiral Pasta</p> <p>Tossed Salad</p> <p>Golden Delicious Apples</p>	<p>27</p> <p>Italian Cupboard Soup</p> <p>Wheat Roll</p> <p>Watermelon</p>
<p>30</p> <p>Turkey Chili And Cornbread</p> <p>Navel Oranges</p>				

*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.