


JULY 2012 LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
2 Pork & Turkey Mock Chicken Legs, Mixed Greens with Poppy Seed Dressing, Breadsticks and Grapes	3 Egg-White Spinach Feta Frittata, Whole Wheat Toast and Strawberries	4 Closed for 4 th of July God Bless America!	5 BBQ Turkey Sandwiches, Snap Peas and Cuties®	6 Shredded Chicken Taco with Lettuce, Tomato, Fresh Salsa, with Corn on the Cob and Honeydew
9 Balsamic Glazed Pork Chops, Herbed Couscous, Fresh Zucchini Wedges and Kiwi	10 Beef Taco Salad with Lettuce, Tomato, Cheese in a Homemade Shell with Peach Slices	11 Turkey and Fresh Veggie Calzones with Broccoli Trees and Pineapple Chunks	12 Chicken Salad Sandwich with Walnut Dill Pesto, Sweet Potato Fries and Pluots	13 Turkey Meatball Marinara over Pasta, Green Beans and Summer Vegetables, Parmesan Bread Knots and Watermelon
16 Orange and Ginger Broccoli Stir Fry with Beef over Brown Rice with Plums	17 Chef Salad, Breadstick and Strawberries	18 Whole Wheat Pasta with Broccoli, Tomato and Roasted Turkey with Blackberries	19 Roasted Jerk Chicken Wraps (Lettuce, Tomato and Roasted Red Pepper Coleus) with Peaches, Mango and Black Bean Salad	20 Tuna Melt, Broccoli Salad and Raspberries
23 Cheesy Chicken Whole Wheat Pasta with Spinach and Strawberry Salad with Raspberry Vinaigrette Dressing	24 Fruit and Peanut Butter Pita (Banana and Fresh Berries), with Carrot and Celery Sticks	25 French Toast Sticks with Dipping Syrup, Turkey Sausage and Cantaloupe	26 Turkey BLT Wrap with Avocado and Cucumber Slices and Cherries (Pitted and Sliced)	27 Oven Roasted Chicken Breast on Whole Wheat Bun, Fresh Confetti Coleslaw and Strawberries
30 Cheese and Shredded Chicken Quesadilla with Fresh Salsa, Colored Pepper Strips and Raspberry Yo-Nana	31 Cobb Salad Pita and Fresh Fruit Salad			 Catering <i>for a Cause</i>

*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.