

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Chicken Breast Sandwich 4oz Apple Slices 4oz Cooked Carrots WG Roll 3oz Chicken Breast	2 Taco Tuesday-Fiesta Beef 4oz Pineapple Chunks 4oz Lettuce, Tomatoes, Onions WG Flour Tortilla Shell 3oz Beef & Cheese 4oz Rice w/ Beans	3 Chicken Fettucini Alfredo 4oz Peaches 4oz Broccoli 4oz Fettucini Noodles w/ Sauce 3oz Diced Chicken	4 Happy 4th of July! Centers are Closed No Lunch or Grab&Go Delivery on this day	5 Meatball Hoagie 4oz Pears 4oz Vegetable Blend WG Roll 3oz Beef Meatballs 4oz Seasoned Red Potatoes
8 Tuna Salad Croissant 4oz Tropical Fruit 4oz Carrots WG Croissant 3oz Tuna	9 Chicken Burrito 4oz Pear 4oz Corn 8" WG Tortilla 3oz Diced Chicken	10 Beef Stew 4oz Mixed Fruit 4oz Green Beans 4oz WG Brown Rice 3oz Beef Cubes	11 Baked Turkey 4oz Baked Cinnamon Apples 4oz Mixed Vegetables WG Dinner Roll w/ Margarine 3oz Roasted Turkey* 4oz Mashed Potatoes	12 Lemon Pepper Baked Chicken 4oz Peaches 4oz Vegetable Blend 4oz Pasta Salad 3oz Diced Chicken WG Dinner Roll
15 Chicken & Cheese Quesadilla 4oz Seasonal Fresh Fruit 4oz Corn WG Tortilla 3oz Chicken & Cheese <i>Salsa</i>	16 Sweet & Sour Chicken 4oz Fresh Orange 4oz Stir Fry Vegetables 4oz Brown Rice 3oz Chicken*	17 Spaghetti & Meatballs 4oz Pears 4oz Carrots 4oz Spaghetti 3oz LS Tomato SC. Meatballs	18 Italian Chicken Pattie 4oz Appleslices 4oz Mixed Vegetables WG Bun 3oz Chicken Pattie	19 Roast Beef 4oz Fresh Seasonal Fruit 4oz California Blend 4oz Rice With Beans 3oz Roast Beef
22 Fish 4oz Fruit Cocktail 4oz Stewed Tomatoes WG Bun 3oz Crispy Cod <i>Tartar Sauce</i>	23 Shepards Pie 4oz Appleslices 4oz Peas and Carrots WG Roll 3 Ground Beef 4oz Mashed Potatoes	24 Beef Stew 2oz Pear 4oz Mixed Vegetables 4oz Rice With Beans 3oz Beef stew <i>Potatoes & Celery*</i>	25 Chicken Nuggets 4oz Mandarin Orange 4oz Cauliflower 4oz Mac and Cheese 3oz Chicken Nuggets	26 Turkey Ham & Cheese Sand. 4oz Applesauce 4oz Peas WG Bread 3oz Turkey Ham and Cheese Slices
29 Salibury Steak 4oz Mixed Fruit 4oz Broccoli WG Roll 3oz Beef Patty w Ls Gravy 4oz Mashed Potatoes	30 Chicken Curry Casserole 4oz Pineapple Chunks 4oz Stir Fry Vegetables* 4oz Brown Rice 3oz Diced Chicken <i>*celery & carrots</i>	31 Sloppy Joe Sandwich 4oz Fresh Seasonal Fruit 4oz Potato Salad WG Bun 3oz Ground Turkey & Sauce	To Skip or cancel Your meals please Contact our office (610) 374-3195 Ext. 201	

*1% milk served with every meal

NOTE: Items may be substituted based on availability and lunch menu