



Family Style Lunch Menu

for the month of July 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4	5
Entree	Whole grain Mac & Cheese	Pasta with meat sauce Whole grain rotini, ground turkey meat and marinara sauce	BBQ Chicken Baked chicken breast with bbq sauce, served with brown and white rice blend	PIC CLOSED for 4th of JULY HOLIDAY	PIC CLOSED for 4th of JULY EXTENDED HOLIDAY
Sides	Peas & Pineapple	Corn & Cantaloupe	Broccoli & Mango		
	8	9	10	11	12
Entree	Turkey chili Ground turkey, beans, and rice blend	Baked chicken nuggets with rice blend	Egg and cheese frittata with whole grain pita	Pasta Bake Whole grain rotini, cheese and marinara sauce	Pizza Day
Sides	Mashed potatoes & Orange segments	Mashed sweet potatoes & Pineapple	Peas & Honeydew melon	Sliced cucumbers & Applesauce	Assorted fruits & veggies
	15	16	17	18	19
Entree	Burger Mac Whole grain macaroni, ground beef and cheese	Baked fish sticks With brown and white rice blend	Grilled chicken Baked chicken breast, with rice blend	Whole grain Mac & Cheese	Pizza Day
Sides	Green beans & Applesauce	Carrots & Cantaloupe	Mashed sweet potatoes & Pineapple	Peas & Cantaloupe	Assorted fruits & veggies
	22	23	24	25	26
Entree	Black beans with brown and white rice blend	Zucchini Parm Zucchini, marinara sauce and cheese, over whole grain rotini	Pasta with meat sauce Rotini pasta with ground turkey meat sauce	Caribbean Mango Chicken Baked chicken breast, diced mango with brown and white rice blend	Pizza Day
Sides	Peas & Applesauce	Carrots & Mango	Green beans & Orange segments	Broccoli & Honeydew	Assorted fruits & veggies

	29	30	31	August 1	August 2
Entree	Whole grain Mac & Cheese	Veggie Chili 3 beans, zucchini, marinara sauce and spices over rice blend	Cheese Quesadilla Shredded cheddar cheese on whole grain tortilla	Vegetarian Sloppy Joe Lentils, marinara sauce, brown sugar, soy sauce on a whole grain bun	Pizza Day
Sides	Carrots & Mango	Peas & Orange segments	Cauliflower & Cantaloupe	Green beans & Honeydew	Assorted fruits & veggies



All meals follow the CACFP Meal Patterns. Milk is offered at each meal. This institution is an equal opportunity provider.