

Sample Lunch Menu (Vegetarian options available)

Organic Milk Served

Mon	Tue	Wed	Thu	Fri
1 Cheese Ravioli (w/diced tomatoes) Baby Carrots Fresh Fruit Milk	2 Pasta tossed w/Tomato/Beef Basil & Diced Mozzarella Garlic Toast, Tropical Fruit Milk	3 Grilled Chicken Wrap (Sour cream & Lime juice) w/Avocado, Black Beans, Tomatoes & Lettuce Fresh Fruit Milk	4 Orzo Salad (Tomatoes, Cucumber & Avocado) Garlic Toast Pears Milk	5 Cheddar & Black Bean Quesadilla Tortilla Corn Chips & Salsa Fresh Fruit Milk
8 Pasta w/Ground Beef & Zucchini in Italian Sauce Pears Milk	9 Mozzarella, Tomato & Arugulas on Flatbread Potato Chips Fresh Fruit Milk	10 Broiled Tofu Ramen w/Peas & Carrots Tropical Fruit Mix Milk	11 Turkey Roll-Ups (w/Craisins, Cheese, Lettuce) Baby Carrots & Hummus Fresh Fruit Milk	12 Naan Bread Pizza (Basil Pesto, Grape Tomatoes) Olives & Grated Mozzarella) Carrots & Cucumber Milk
15 Pesto Grilled Cheese Sandwich, Baby Carrots Harvest Sun Chips Fresh Fruit Milk	16 Boiled Eggs, Asparagus Cheese & Grape Tomatoes Naan Bread Fresh Fruit Milk	17 Meatballs/Pasta/Zucchini Italian Sauce Green Beans & Potato Pears Milk	18 Battered Fish Couscous & Coleslaw Mandarin Oranges Milk	19 Pizza w/Tomatoes Lettuce & Carrots Fresh Fruit Milk
22 Creamy Pesto Pasta Tossed w/Garbanzos (Chickpeas) Garlic Toast Pears, Milk	23 Turkey Roll-Ups (Cream Cheese, Craisins, Lettuce) Corn Fresh Fruit Milk	24 Pancakes/Scrambled Egg & Sausage, Feta/Wheat Tortilla Grape Tomatoes Peaches Milk	25 Chicken/Rice/Mung Beans w/ coconut milk Tomato/Cucumber salad Fruit Milk	26 Bagel Pizza w/ cheese/pepperoni Green Beans Fruit Milk
29 Baked Panzanella Caprese Baby Carrots & Cucumber Harvest Sun Chips Fresh Fruit Milk	30 Chicken Curry w/ Rice Broccoli Fruit Milk	31 Ground Turkey w/ Orzo & Italian Tomato Sauce Cauliflower Fruit Milk	1 Boiled Eggs/ Cheese & Grape Tomatoes on Wheat Bread Apples Milk	2 Soy Butter & Jelly Sandwich Baby Carrots Pineapple Milk