

*Sides may change based on freshness and availability

summer lunch menu } june 2017 july 2017 august 2017

monday	tuesday	wednesday	thursday	friday
	August 1st Chicken Teriyaki <i>Tofu Teriyaki</i> Cucumber Cantaloupe Chunks Brown Rice	August 2nd Beef Burger <i>Veggie Burger</i> Mashed Sweet Potatoes Honeydew Hamburger Bun	August 3rd Fish Tenders <i>Veggie Nuggets</i> Broccoli Orange Slices Whole Grain Bread	August 4th Turkey Meatball Marinara <i>Veggie Meatballs</i> Mashed Potatoes Pineapple Hamburger Bun
August 7th Chicken Nuggets <i>Veggie Nuggets</i> Peas Cantaloupe Chunks Whole Grain Bread	August 8th Bean & Cheese Burrito Cucumber Fruit Salad	August 9th Sweet Apple Chicken Curry <i>Sweet Apple Tofu Curry</i> Green Beans Orange Slices Brown Rice	August 10th Creamy Mac & Cheese Broccoli Honeydew Chunks	August 11th Chicken Fajitas <i>Veggie Fajitas</i> Refried Beans Pineapple Chunks Flour Tortilla
August 14th Cheese Ravioli Broccoli Apple Slices	August 15th Turkey Kefte <i>Veggie Kefte</i> Glazed Carrots Honeydew Chunks Pita	August 16th BBQ Chicken <i>BBQ Tofu</i> Mashed Potatoes Fruit Salad Corn Bread	August 17th Penne Pasta Marinara w/ Mozzarella Green Beans Orange Slices	August 18th Cheesy Pizza Muffins Cucumber Slices Applesauce
August 21st Sweet & Sour Chicken <i>Sweet & Sour Tofu</i> Broccoli Orange Slices Brown Rice	August 22nd Beef Sloppy Joe <i>Veggie Sloppy Joe</i> Green Beans Pineapple Chunks Hamburger Bun	August 23rd Turkey Tacos <i>Boca Tacos</i> Glazed Carrots Cantaloupe Chunks Flour Tortilla	August 24th Spiral Pasta w/ Tomato Cream Sauce Cucumber Honeydew Chunks Whole Grain Roll	August 25th Lemon Chicken <i>Lemon Tofu</i> Roasted Potatoes Applesauce Whole Grain Roll
August 28th Roast Turkey w/ Hawaiian Sauce <i>Roasted Tofurkey</i> Green Beans Fruit Salad Whole Grain Bread	August 29th Chicken Teriyaki <i>Tofu Teriyaki</i> Cucumber Cantaloupe Chunks Brown Rice	August 30th Beef Burger <i>Veggie Burger</i> Mashed Sweet Potatoes Honeydew Hamburger Bun	August 31st Fish Tenders <i>Veggie Nuggets</i> Broccoli Orange Slices Whole Grain Bread	



nut free kitchen!
scratch cooking

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summer gfdf lunch menu }

june 2017
july 2017
august 2017

monday	tuesday	wednesday	thursday	friday
	August 1st Chicken Teriyaki Cucumber Cantaloupe Chunks Brown Rice	August 2nd Beef Burger GFDF Mashed Sweet Potatoes Honeydew GF Hamburger Bun	August 3rd Catfish Broccoli Orange Slices GF Bread	August 4th GFDF Turkey Meatballs GFDF Mashed Potatoes Pineapple GF Hamburger Bun
August 7th Grilled Chicken Peas Cantaloupe Chunks GF Bread	August 8th Cheese Tamale Cucumber Fruit Salad	August 9th GFDF Sweet Apple Chicken Curry Green Beans Orange Slices Brown Rice	August 10th GFDF Creamy Mac & Cheese Broccoli Honeydew Chunks	August 11th Chicken Fajitas Refried Beans Pineapple Chunks Corn Tortilla
August 14th GFDF Pasta Marinara Broccoli Apple Slices	August 15th GFDF Turkey Kefte Glazed Carrots Honeydew Chunks Pita	August 16th BBQ Chicken Mashed Potatoes Fruit Salad GF Bread	August 17th GFDF Pasta Marinara Cucumber Slices Orange Slices	August 18th GFDF Turkey Bolognese Cucumber Slices Applesauce
August 21st Sweet & Sour Chicken Broccoli Orange Slices Brown Rice	August 22nd Beef Sloppy Joe Green Beans Pineapple Chunks GF Hamburger Bun	August 23rd GFDF Turkey Tacos Glazed Carrots Cantaloupe Chunks Corn Tortilla	August 24th GFDF Pasta Marinara Cucumber Honeydew Chunks	August 25th GFDF Lemon Chicken Roasted Potatoes Applesauce GF Roll
August 28th GFDF Turkey w/ Hawaiian Sauce Green Beans Fruit Salad GF Bread	August 29th Chicken Teriyaki Cucumber Cantaloupe Chunks Brown Rice	August 30th Beef Burger GFDF Mashed Sweet Potatoes Honeydew GF Hamburger Bun	August 31st Catfish Broccoli Orange Slices GF Bread	



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