

August 2023





3345 Lochinvar Avenue Santa Clara, CA 95051 (408) 615 – 9416

VEGETARIAN MENU

Minimum Portion Size

3/4 Cup Milk

½ Slice Bread

3/8 Cup Beans

1½ cup

Meat/Fish/Cheese

½ Cup Fruit/Veggie

¼ Cup Pasta

1 Egg

	Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3	4
		Creamy Pasta	Lasagna	Veggie Dog	Veggie Fried Rice
		Peas	Veggies	Normandy Vegetable	Mixed Veggies
غ		Fruit	Fruit	Mandarin Oranges	Fruit
		Milk	Milk	Milk	Milk
	7	8	9	10	11
	Mozzarella Sticks	Bean/Cheese Burritos	Veggie Casserole	Cheese Pizza	Spaghetti & Veggie
	Veggies	Corn	Peas	Veggies	Meatballs
	Fruit	Fruit	Fruit	Fruit	Broccoli
	Milk	Milk	Milk	Milk	Fruit
					Milk
	14	15	16	17	18
	Tortellini	Sweet and Sour Tofu	Veggie Stroganoff	Tofu	Veggie Patty Sandwich
	Blended Veggies	Steamed Rice	Peas	Mash Potatoes	Veggies
	Fruit	Blended Veggies	Mandarin Orange	Broccoli	Fruit
	Milk	Fruit	Milk	Fruit	Milk
		Milk		Milk	
	21	22	23	24	25
	Veggie Nuggets	Taco Salad	Pasta w/ Red Sauce	Honey Pineapple	Raviolis
	Veggies	Corn	Mixed Vegetables	Teriyaki Tofu	Peas
	Fruit	Mandarin Orange	Fruit	Steamed Rice	Fruit
	Milk	Milk	Milk	Green Beans	Milk
				Fruit / Milk	
	28	29	30	31	
	Mac and Cheese	Veggie Burger	Tofu	Veggie Dog	
	Carrots	Veggies	Steamed Rice	French Fries	BACK BACK
	Fruit	Fruit	Broccoli	Veggies	SCHOOL
	Milk	Milk	Fruit	Fruit	
			Milk	Milk	



September 2023





3345 Lochinvar Avenue Santa Clara, CA 95051 (408) 615 – 9416

VEGETARIAN MENU

Minimum Portion Size

3/4 Cup Milk

2/2 Slice Bread

3/8 Cup Beans

1/2 cup

Meat/Fish/Cheese

2/2 Cup Fruit/Veggie

2/4 Cup Pasta

1 Egg



	Monday	Tuesday	Wednesday	Thursday	Friday
		Veggie Chow Mein Veggies Fruit Milk			
	Labor Day School Closed	5 Raviolis Green Beans Fruit Milk	6 Sweet and Sour Tofu Steamed Rice Green Beans Fruit Milk	7 Veggie Meatballs and Gravy Buttered Pasta Veggies Fruit Milk	8 Veggie Dog French Fries Veggies Fruit Milk
	Veggie Nuggets Veggies Fruit Milk	Veggie Stroganoff Broccoli Fruit Milk	Veggie Patty Sandwich Veggies Fruit Milk	14 Mozzarella Sticks Veggies Fruit Milk	Veggie Casserole Peas Fruit Milk
•	Tortellini Veggies Fruit Milk	Burrito Bowl w/ Tortilla Chips Fruit Milk	Creamy Pasta Blended Veggies Fruit Milk	Cream Cheese on Hawaiian Rolls Veggies Fruit / Milk	Pasta w/ Red Sauce Veggies Mandarin Oranges Milk
	Veggie Dog Mixed Veggies Fruit Milk	26 Spaghetti & Veggie Meatballs Veggies Fruit Milk	Veggie Patty Mash Potatoes w/Gravy Broccoli Fruit /Milk	28 Mac and Cheese Veggies Fruit Milk	Taco Salad Corn Fruit Milk



October 2023





3345 Lochinvar Avenue Santa Clara, CA 95051 (408) 615 – 9416

VEGETARIAN MENU

Minimum Portion Size

3/4 Cup Milk

1/2 Slice Bread

3/8 Cup Beans

1/2 cup

Meat/Fish/Cheese

1/2 Cup Fruit/Veggie

1/4 Cup Pasta

1 Egg



	Monday	Tuesday	Wednesday	Thursday	Friday
	2	3	4	5	6
	Mozzarella Sticks	Veggie Chow Mein	Pasta w/ Red Sauce	Tofu Green Beans Stir-	Veggie Patty Sandwich
	Veggies Mandarin	Veggies	Mixed Vegetables	fry	Veggies
e	Orange	Mandarin Orange	Fruit	Steamed Rice	Fruit
L	Milk	Milk	Milk	Fruit	Milk
				Milk	
	9	10	11	12	13
	Tortellini	Veggie Nuggets	Spaghetti & Veggie	Taco Salad	Veggie Buger
9	Peas	Veggies	Meatballs	Corn	Veggies
	Fruit	Fruit	Broccoli	Fruit	Mandarin Orange
	Milk	Milk	Fruit	Milk	Milk
			Milk		
	16	17	18	19	20
	Mac and Cheese	Veggie Fajitas	Creamy Pasta	Tofu Wrap	Grilled Cheese
	Corn	Veggies	Broccoli	Veggies	Sandwich
	Fruit	Fruit	Fruit	Mandarin Orange	Veggies
	Milk	Milk	Milk	Milk	Fruit
					Milk
	23	24	25	26	27
	Cheese Raviolis	Honey Pineapple	Veggie Stroganoff	Tofu	Veggie Dog
	Mixed Vegetables	Teriyaki Tofu	Normandy Vegetable	Mash Potatoes	French Fries
	Fruit	Steamed Rice	Fruit	Broccoli	Veggies
	Milk	Green Beans / Fruit	Milk	Fruit	Mandarin Orange
		Milk		Milk	Milk
	30	31	•	* Y Y)/
	Veggie Dog	Sweet and Sour Tofu	?		1-1
	Veggies	Steamed Rice	*	IGPEN	
	Fruit	Carrots		* 17 - 17	
	Milk	Fruits/ Milk	*H		
				WIIDIIG	24 *

November 2023

Men	Monday	Tuesday	Wednesday
3345 Lochinyar Avenue	На	фру	Taco Salad Fruit Milk
Santa Clara, CA 95051 (408) 615 – 9416	Thank	Thanksgiving	
VEGETARIAN MENU	6 Tortellini	7 Veggie dog	8 Veggie Strogano
Minimum Portion Size ¾ Cup Milk ½ Slice Bread	Veggies Fruit Milk	French Fries Veggies Fruit Milk	Veggies Fruit Milk
3/8 Cup Beans L ½ cup Meat/Fish/Cheese	13	14 Spaghetti	15 Veggie Burger

		sgiving	Fruit Milk	Peas Fruit Milk	Sandwich Veggies Mandarin Orange Milk
	6 Tortellini Veggies Fruit Milk	7 Veggie dog French Fries Veggies Fruit Milk	8 Veggie Stroganoff Veggies Fruit Milk	9 Mozzarella Sticks Veggies Fruit Milk	10 Happy Veteran's Day School Closed
9	Veggie Nuggets Mixed Veggies Fruit Milk	Spaghetti Veggies Fruit Milk	Veggie Burger Veggies Fruit Milk	16 Creamy Broccoli Pasta Fruit Milk	17 Veggie Patty Sandwich Veggies Fruit Milk
	20 Pizza Veggies	21 Veggie Chow Mein Corn	22 Tofu Green Beans Stir - Fry	23 Thanksgiving Holiday	24 Thanksgiving Holiday

Friday

Grilled Cheese

School Closed

Thursday

Mac & Cheese

2



27

½ Cup Fruit/Veggie ¼ Cup Pasta 1 Egg

Veggies Fruit Milk	Corn Fruit Milk	Fry Steamed Rice Fruit Milk	School Closed	
7	28	29	30	
Cheese Raviolis	Pasta w/ Red Sauce	Veggie Dog	Veggie Casserole	
Corn	Veggies	Veggies	Veggies	
Mandarin Orange	Fruit	Fruit	Fruit	
Milk	Milk	Milk	Milk	





December 2023









3345 Lochinvar Avenue Santa Clara, CA 95051 (408) 615 – 9416

VEGETARIAN MENU

Minimum Portion Size

3/4 Cup Milk

1/2 Slice Bread

3/8 Cup Beans

1/2 cup

Meat/Fish/Cheese

1/2 Cup Fruit/Veggie

1/4 Cup Pasta



Monday	Tuesday	Wednesday	Thursday	Friday
				1
				Cream Cheese Hawaiian
				Roll Sandwich
				Veggies
				Fruit
_				Milk
				8
				Pesto Pasta
				Veggies
				Mandarin Orange
Milk	Milk	Milk		Milk
			Milk	
11	12	13	14	15
Cheese Raviolis	Veggie Dog	Tofu	Mac and Cheese	Veggie Patty Sandwich
Carrots	French Fries	Mash Potatoes	Peas	Veggies
Mandarin Orange	Normandy Vegetable	Veggies	Fruit	Oranges
Milk	Fruit	Fruit	Milk	Milk
	Milk	Milk		
18	19	20	21	22
Mozzarella Sticks	Veggie Burger	Teriyaki Tofu	Veggie Chow Mein	Cheese Pizza
Veggies	Corn	Rice	Veggies	Salad
Mandarin Orange	Fruit	Broccoli	Fruit	Fruit
Milk	Milk		Milk	Milk
		Milk		
25	26	27	28	29
• • • • • • • • • • • • • • • • • • • •	. *************************************	, ttt#///	ttt[7777	***************************************
X , , , , , , , , , , , , , , , , , , ,			A Harring 1	Happy T
Houdays	Houdays	Honands	Houdays	Holidays
School Closed!	School Closed!	School Closed!	School Closed!	School Closed!
	4 Veggie Nuggets Corn Mandarin Orange Milk 11 Cheese Raviolis Carrots Mandarin Orange Milk 18 Mozzarella Sticks Veggies Veggies Mandarin Orange Milk 25 Happy Holidays	4 Veggie Nuggets Corn Mandarin Orange Milk 11 Cheese Raviolis Carrots Mandarin Orange Milk 12 Veggie Dog French Fries Normandy Vegetable Fruit Milk 18 Mozzarella Sticks Veggies Mandarin Orange Milk 19 Veggie Burger Corn Fruit Milk 25 Happy Holidays 26 Happy Holidays	4 Veggie Nuggets Corn Mandarin Orange Milk 11 Cheese Raviolis Carrots Mandarin Orange Milk 12 Veggie Dog French Fries Normandy Vegetable Fruit Milk 18 Mozzarella Sticks Veggies Mandarin Orange Milk 19 Veggie Burger Corn Milk 19 Veggie Burger Corn Fruit Milk 10 Teriyaki Tofu Rice Broccoli Fruit Milk 20 Teriyaki Tofu Rice Broccoli Fruit Milk 25 Happy Holidays 26 Happy Holidays 4 Happy Holidays	4 Veggie Nuggets Corn Mandarin Orange Milk 11 Cheese Raviolis Carrots Mandarin Orange Milk 12 Veggie Dog French Fries Mandarin Orange Milk 13 Tofu Mac and Cheese Normandy Vegetable Fruit Milk 14 Mac and Cheese Peas Veggies Fruit Milk 18 Mozzarella Sticks Veggie Mandarin Orange Milk 19 Veggie Burger Corn Mandarin Orange Milk 18 Mozzarella Sticks Veggies Mandarin Orange Milk 19 Veggie Burger Corn Fruit Milk 10 Teriyaki Tofu Rice Broccoli Fruit Milk 11 Veggie Chow Mein Veggies Fruit Milk 12 Milk 13 Tofu Mac and Cheese Peas Fruit Milk Milk 14 Mac and Cheese Peas Fruit Milk Milk 18 Mozzarella Sticks Veggies Fruit Milk 19 Veggie Burger Corn Fruit Milk 10 Teriyaki Tofu Peggie Chow Mein Veggies Fruit Milk Nilk 10 Teriyaki Tofu Neggie Chow Mein Veggies Fruit Milk Nilk 10 Teriyaki Tofu Neggie Chow Mein Neggies Fruit Milk Nilk 10 Teriyaki Tofu Neggie Chow Mein Neggies Fruit Milk Nilk 10 Teriyaki Tofu Neggie Chow Mein Neggies Fruit Milk Nilk 11 Nilk 12 Teriyaki Tofu Neggie Chow Mein Neggies Fruit Milk Nilk 13 Tofu Mac and Cheese Peas Fruit Milk Milk 14 Mac and Cheese Peas Fruit Milk Milk 18 Nozzarella Sticks Normandy Vegetable Fruit Milk Nilk 18 Nozzarella Sticks Normandy Vegetable Fruit Milk Nilk Normandy Vegetable Peas Peas Peas Peas Peas Peas Peas Pea



January 2024





3345 Lochinvar Avenue Santa Clara, CA 95051 (408) 615 - 9416

VEGETARIAN MENU

Minimum Portion Size 34 Cup Milk 1/2 Slice Bread 3/8 Cup Beans 1 ½ cup Meat/Fish/Cheese ½ Cup Fruit/Veggie ¼ Cup Pasta 1 Egg

	Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4	5
	New Year's Day	Cheese Pizza	Creamy Broccoli Pasta	Veggie Burger	Grilled Cheese
		Veggies	Fruit	Veggies	Sandwich
e	School Closed	Fruit	Milk	Mandarin Orange	Veggies
L		Milk		Milk	Fruit
					Milk
	8	9	10	11	12
	Veggie Nuggets	Veggie Casserole	Veggie dog	Tofu Green Beans Stir -	Mac and Cheese
9	Veggies	Peas	French Fries	fry	Veggies
	Fruit	Mandarin Orange	Veggies	Steamed Rice	Fruit
	Milk	Milk	Fruit	Fruit	Milk
			Milk	Milk	
	15	16	17	18	19
	Dr. Martin Luther King, Jr.	Tortellini	Sweet and Sour Tofu	Butter Noodles w/	Veggie Patty Sandwich
	Holiday	Veggies	Steamed Rice	Veggie Sausage	Veggies
	School Closed	Fruit	Carrots	Veggies	Mandarin Orange
		Milk	Fruit	Mandarin Orange	Milk
	Day Comment		Milk	Milk	
	22	23	24	25	26
	Mozzarella Sticks	Pasta w/ Red Sauce	Taco Salad	Tofu	Pesto Pasta
	Carrots	Veggies	Fruit	Mash Potatoes	Veggies
	Fruit	Fruit	Milk	Fruit	Mandarin Orange
	Milk	Milk		Milk	Milk



30 Ravioli Veggie Dog **Green Beans** Veggies Mandarin Orange Fruit Milk Milk

31 Veggie Stroganoff Peas Fruit Milk





February 2024





3345 Lochinvar Avenue Santa Clara, CA 95051 (408) 615 – 9416

VEGETARIAN MENU

Minimum Portion Size

3/4 Cup Milk

2/5 Slice Bread

3/8 Cup Beans

1/2 cup

Meat/Fish/Cheese

2/5 Cup Fruit/Veggie

2/6 Cup Pasta

1 Egg



	Monday	Tuesday	Wednesday	Thursday	Friday
e	Rappy Valentine's			1 Veggie Nuggets Veggies Fruit Milk	2 Grilled Cheese Sandwich Veggies Fruit Milk
	5 Mozzarella Sticks Veggies Fruit Milk	6 Veggie Dog French Fries Veggies Fruit Milk	7 Tofu Broccoli Steamed Rice Fruit Milk	8 Mac and Cheese Corn Fruit Milk	9 Cream Cheese Hawaiian Roll Sandwich Veggies Fruit Milk
	Veggie Dog Veggies Fruit Milk	Tofu Fajitas Veggies Fruit Milk	Pasta w/ Red Sauce Veggies Fruit Milk	Teriyaki Tofu Rice Broccoli Fruit Milk	16 Veggie Patty Sandwich Veggies Fruit Milk
	President's Day Holiday School Closed	Veggie Stroganoff Peas Fruit Milk	Cheese Pizza Veggies Fruit Milk	Creamy Pasta Peas Fruit Milk	Veggie Fried Rice Veggies Fruit Milk
	26 Ravioli Veggies Mandarin Orange Milk	Veggie Burger Veggies Fruit Milk	Taco Salad Mandarin Orange Milk	Veggie Casserole Blended Veggies Fruit Milk	







* March 2024





3345 Lochinvar Avenue Santa Clara, CA 95051 (408) 615 - 9416

VEGETARIAN MENU

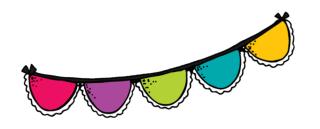
Minimum Portion Size ¾ Cup Milk 1/2 Slice Bread 3/8 Cup Beans 1 ½ cup Meat/Fish/Cheese ½ Cup Fruit/Veggie ¼ Cup Pasta 1 Egg



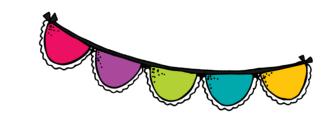
	Monday	Tuesday	Wednesday	Thursday	Friday
CD .	*	St. Pa De	ppy t rick's ay!		Tofu Steamed Rice Broccoli Fruit Milk
	4	5	6	7	8
	Veggie Nuggets	Veggie Stroganoff	Veggie Patty Sandwich	Veggie Casserole	Cream Cheese Hawaiian
	Corn	Veggies	Veggies	Peas	Rolls Sandwich
!	Mandarin Orange	Fruit	Fruit	Fruit	Veggies
	Milk	Milk	Milk	Milk	Fruit
					Milk
	11	12	13	14	15
	Mac and Cheese	Taco Salad	Veggie Meatballs and	Honey Pineapple	Cheese Pizza
	Peas	Veggies	Gravy	Teriyaki Tofu	Veggies
	Mandarin Orange	Fruit	Buttered Pasta	Steamed Rice	Fruit
	Milk	Milk	Veggies	Broccoli	Milk
			Fruit	Fruit	
			Milk	Milk	
	18	19	20	21	22
	Tortellini	Burrito Bowl	Veggie Dog	Tofu	Grilled Cheese
	Veggies	Corn	French Fries	Mash Potatoes	Sandwich
	Fruit	Fruit	Veggies	Broccoli	Veggies
	Milk	Milk	Fruit	Mandarin Orange	Fruit
			Milk	Milk	Milk
	25	26	27	28	29
	Ravioli	Veggie Dog	Spaghetti and Veggie	Mozzarella Sticks	Veggie Burger
	Veggies Fruit	Veggies	Meatballs	Veggies	Veggies
	Milk	Fruit	Veggies	Fruit	Fruit
		Milk	Fruit	Milk	Milk
			Milk		

April 2024

	T	T	T		. 0 . ^
ATTER	Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4	5
POADENT.	Veggie Nuggets	Pasta w/ Red Sauce	Buttered Noodles w/	Cream Cheese Hawaiian	Teriyaki Tofu
	Veggies	Corn	Veggie Sausage	Rolls Sandwich	Steamed Rice
3345 Lochinvar Avenue	Fruit	Fruit	Steamed Vegetables	Veggies	Broccoli
Santa Clara, CA 95051	Milk	Milk	Mandarin Orange	Fruit	Fruit
(408) 615 – 9416			Milk	Milk	Milk
VEGETARIAN MENU	8	9	10	11	12
	Tortellini	Veggie Burger	Bean/Cheese Burritos	Veggie Patty Sandwich	Veggie Dog
Minimum Portion Size	Peas	Veggies	Mixed Veggies	Veggies	Veggies
¾ Cup Milk	Fruit	Fruit	Fruit	Fruit	Fruit
1/2 Slice Bread	Milk	Milk	Milk	Milk	Milk
3/8 Cup Beans					
1 ½ cup	15	16	17	18	19
Meat/Fish/Cheese	Mac and Cheese	Veggie Dog	Veggie Patty	Sweet and Sour Tofu	Cheese Pizza
½ Cup Fruit/Veggie	Corn	Tater Tots	Mash Potatoes & Gravy	Steamed Rice	Veggies
¼ Cup Pasta	Mandarin Orange	Veggies	Corn	Veggies	Fruit
1 Egg	Milk	Fruit	Fruit	Fruit / Milk	Milk
		Milk	Milk		
	22	23	24	25	26
	Mozzarella Sticks	Tofu w/ Steamed Rice	Veggie Stroganoff	Veggie Nugget & Waffle	Spaghetti and Veggie
-	Veggies	Broccoli	Broccoli	Veggies	Meatballs
	Mandarin Orange	Fruit	Fruit	Fruit	Veggies
	Milk	Milk	Milk	Milk	Fruit
					Milk
	29	30			
	Cheese Raviolis	Tofu Fajitas		welcome	
	Veggies	Veggies			
(Daylos)	Mandarin Orange	Fruit			
	Milk	Milk		1 K K II NII	7 11
					→



May 2024





3345 Lochinvar Avenue Santa Clara, CA 95051 (408) 615 – 9416

VEGETARIAN MENU

Minimum Portion Size

3/4 Cup Milk

2/5 Slice Bread

3/8 Cup Beans

1/2 cup

Meat/Fish/Cheese

2/6 Cup Fruit/Veggie

3/7 Cup Pasta

1 Egg

Monday Tuesday		Wednesday	Thursday	Friday
		Mac and Cheese Carrots Fruit Milk	Veggie Nuggets Veggies Fruit Milk	Pesto Pasta Green Beans Fruit Milk
6	7	8	9	10
Tortellini	Taco Salad	Spaghetti	Mozzarella Sticks	Veggie Patty Sandwich
Peas	Fruit	Veggies	Corn	Veggies
Mandarin Orange	Milk	Fruit	Fruit	Fruit
Milk		Milk	Milk	Milk
13	14	15	16	17
Ravioli	Veggie Dog	Tofu	Veggie Stroganoff	Cheese Pizza
Vegetable Medley	French Fries	Mash Potatoes	Broccoli	Veggies
Fruit	Veggies	Broccoli	Fruit	Fruit
Milk	Fruit	Fruit	Milk	Milk
	Milk	Milk		
20	21	22	23	24
Veggie Dogs	Veggie Casserole	Veggie Burger	Buttered Noodles w/	Cream Cheese Hawaiian
Veggies	Blended Veggies	Veggies	Veggie Sausage	Roll Sandwich
Mandarin Orange	Fruit	Fruit	Broccoli	Veggies
Milk	Milk	Milk	Fruit	Fruit
			Milk	Milk
27	28	29	30	31
	Veggie Chow Mein	Creamy Pasta	Grilled Cheese	Pasta w/ Red Sauce
Happy Memorial Day	Veggies	Veggie	Sandwich	Veggies
School Closed	Fruit	Fruit	Veggies	Mandarin Orange
	Milk	Milk	Fruit	Milk
			Milk	



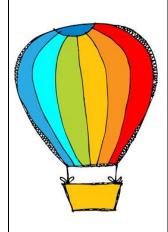




3345 Lochinvar Avenue Santa Clara, CA 95051 (408) 615 - 9416

VEGETARIAN MENU

Minimum Portion Size ¾ Cup Milk 1/2 Slice Bread 3/8 Cup Beans 1 ½ cup Meat/Fish/Cheese ½ Cup Fruit/Veggie ¼ Cup Pasta 1 Egg



Monday	Tuesday	Wednesday	Thursday	Friday			
3	4	5	6	7			
Cheese Raviolis	Tofu Wrap	Veggie Stroganoff	Teriyaki Chicken	Burritos			
Veggies	Veggies	Veggies	Steamed Rice	Corn			
Fruit	Fruit	Fruit	Broccoli	Fruit			
Milk	Milk	Milk	Fruit / Milk	Milk			
10	11	12	13	14			
Mac and Cheese	Sweet and Sour Tofu	Taco Salad	Veggie Burger	Cheese Quesadilla			
Corn	Steamed Rice	Veggies	Veggies	Pinto Beans			
Fruit	Broccoli	Fruit	Fruit	Corn			
Milk	Fruit Milk	Milk	Milk	Mandarin Orange Fruit			
17	18	19	20	21			
Mozzarella Sticks	Veggie Dog		Spaghetti & Veggie	Veggie Chow Mein			
Veggies	French Fries	Juneteenth	Meatballs	Veggies			
Mandarin Orange	Veggies	School Closed	Veggies	Fruit			
Milk	Fruit		Fruit	Milk			
	Milk		Milk				
24	25	26	27	29			
Veggie Dogs	Tofu	Butter Pasta w/ Veggie	Veggie Patty Sandwich	Tortellini			
Veggies	Mash Potatoes	Sausage	Veggies	Peas			
Fruit	Broccoli	Steamed Veggies	Mandarin Orange	Fruit			
Milk	Fruit	Fruit	Milk	Milk			
	Milk	Milk					

July 2024



3345 Lochinvar Avenue Santa Clara, CA 95051 (408) 615 – 9416

VEGETARIAN MENU

Minimum Portion Size

3/4 Cup Milk

½ Slice Bread

3/8 Cup Beans

1½ cup

Meat/Fish/Cheese

½ Cup Fruit/Veggie

¼ Cup Pasta

1 Egg



	Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4	5
	Taco Salad	Creamy Pasta	Tofu Broccoli	Happy 4 th of July	
	Fruit	Blended Veggies	Steamed Rice	Holiday	School Closed
e	Milk	Fruit	Fruit	School Closed	
L		Milk	Milk		
			40		10
	8	9	10	11	12
	Veggie Nuggets	Veggie Dog	Teriyaki Tofu	Cheese Pizza	Veggie Casserole
	Corn	French Fries	Rice	Veggies Fruit	Veggies
9	Fruit	Veggies	Veggies	Milk	Fruit
	Milk	Fruit	Fruit		Milk
		Milk	Milk		
	15	16	17	18	19
	Mac & Cheese	Veggie Fried Rice	Veggie Stroganoff	Veggie Dogs	Tortellini
	Corn	Mixed Veggie	Veggies	Veggies	Vegetable Medley
	Fruit	Fruit	Fruit	Fruit	Fruit
	Milk	Milk	Milk	Milk	Milk
	22	23	24	25	26
	Mozzarella Sticks	Sweet and Sour Tofu	Spaghetti and Veggie	Cheese Quesadilla	Veggie Dogs
	Veggies	Steamed Rice	Meatballs	Black Beans	Tater Tots
	Fruit	Carrots	Veggies	Veggies	Veggies
	Milk	Fruit	Fruit	Fruit	Fruit
		Milk	Milk	Milk	Milk
-77					
•	29	30	31		*
	Cheese Raviolis	Veggie Patty	Pasta w/ Red Sauce		
	Green Beans	Veggies	Veggies		
	Fruit	Fruit	Mandarin Orange		OFO
	Milk	Milk	Milk	***	