

July 2010

Healthy Lunch Menu

*Vegetarian Menu

(effective Tuesday, July 6)

Monday

Chicken Nuggets
served with rice and broccoli
*Cheese Stick

Tuesday

Beef and Vegetable Stew
served over rice
*Vegetable Stew

Wednesday

Homemade Chicken and Vegetable Soup
served with sliced whole wheat bread
*Vegetable Soup

Thursday

Homemade Turkey Meatballs and Gravy
served with rice and broccoli
*Cheese Stick

Friday

Chicken Quesadilla
served with guacamole and refried beans
*Cheese Quesadilla



Lunch is accompanied by milk and water