

Summer Meals Menu - July 2023

Monday	Tuesday	Wednesday	Thursday	Friday
3 Baked Penne Pasta w/ Marinara & Mozzerella, Sautéed Veggies w/ Fruit, 1% Milk	4 Happy 4th of July!	5 Tater Tot Hot Dish w/ Beef and Cheese, Green Beans and Corn, WW Roll, Fruit, 1% Milk	6 Teriyaki Chicken w/ Brown Rice, Sauteéd Veggies Pineapple, 1% Milk	7 WG Cheese Pizza, Various Veggies, Fruit, 1% Milk
Super Cheesy WW Mac, Steamed Broccoli & Cauliflower, Fruit, 1% Milk	Beef Tacos w/ WW Tortilla, Cheese, Sweet Corn, Pintos, Salsa, Fruit, 1% Milk	12 Chicken Salad Sandwich on WW Bread, Carrots, Celery, Fruit, 1% Milk	13 Mild Green Chili Chicken & Cheese Enchiladas, Corn Tortilla, Lettuce & Tomato, Fruit, 1% Milk	14 WG Cheese Pizza, Various Veggies, Fruit, 1% Milk
17 WW Spaghetti w/ Meaty Marinara Sauce, Steamed Broccoli, Fruit, 1% Milk	18 Breakfast Tacos w/ Egg, Potato & Cheese, Salsa, Fruit, 1% Milk	19 Tuna Salad Sandwich on WW Bread, Carrots, Celery, Fruit, 1% Milk	Chili Mac Beef Chili w/ WW Mac n Cheese, w/ Tomatoes, Broccoli, Fruit, 1% Milk	21 WG Cheese Pizza, Various Veggies, Fruit, 1% Milk
24 Parmesan Rotini Salad w/ Chicken Bites, Tomato Garbanzo Salad, Fruit, 1% Milk	25 Refried Bean Tostada w/ Cheese, Calabacitas, Salsa, Chile, Fruit, 1% Milk	26 BBQ Pork Sandwich On WW Bread, Creamy Crunchy Slaw, Fruit, 1% Milk	27 "Frito Pie" - Chili Con Carne, Cheese, Lettuce, Pintos, Tomatoes, Fruit, 1% Milk	28 WG Cheese Pizza, Various Veggies, Fruit, 1% Milk

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