

# July 2026 Lunch Menu: In-House Cooked Meals

(meals subject to change)

| Monday   | Tuesday  | Wednesday  | Thursday   | Friday                                 |
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|  |  | <b>July 1</b><br>Baseball Theme<br>Hot Dog/ Chili Dog<br>Fries<br>Coleslaw<br>Oranges                            | <b>July 2</b><br>Chicken Salad<br>Sandwich/Whole Wheat Bun<br>Garden Salad<br>Chocolate Pudding              | <b>No<br/>lunch<br/>on<br/>Fridays</b> |
| <b>July 6</b><br>Cheese Tortellini w/<br>Marinara Sauce<br>Roasted Broccoli<br>Apples<br>Dinner Roll             | <b>July 7</b><br>Beef Empanadas<br>Rice and Beans<br>Roasted Pepper and Onions<br>Oranges  | <b>July 8</b><br>Chicken Stir Fry<br>White Rice<br>California Blend Vegetables<br>Dinner Roll<br>Oatmeal Cookies | <b>July 9</b><br>Tuna Salad<br>Chips/Whole Wheat Bread<br>Veggie Cups w/ Ranch Dressing<br>Chocolate Pudding |  |
| <b>July 13</b><br>Three Cheese Baked Ziti w/ Mariana Sauce<br>Steamed Green Beans<br>Garlic Bread<br>Apple Crisp | <b>July 14</b><br>Burrito Bowl<br>Chicken or Beef<br>Rice and Beans<br>Roasted Pepper and Onions<br>Vanilla Pudding                            | <b>July 15</b><br>Curry Chicken<br>White Rice<br>Roasted Zucchini and Summer Squash<br>Flat Bread<br>Pears       | <b>July 16</b><br>Honey Mustard Chicken Sandwich<br>Fries<br>Roasted Broccoli<br>Apples                      |  |
| <b>July 20</b><br>Cheese Raviolis w/<br>Meat Sauce<br>Sauteed Kale<br>Dinner Roll<br>Peach Cups                  | <b>July 21</b><br>Special Event: 250 <sup>th</sup> Party<br>Bag Lunch<br>Ham and Cheese on Whole Wheat Bun<br>Low Sodium Baked Chips<br>Orange | <b>July 22</b><br>Chicken Shawarma<br>White Rice<br>Roasted Carrots<br>Pita Bread<br>Oatmeal Cookies             | <b>July 23</b><br>BBQ Chicken Sandwich<br>Potato Salad<br>Cole Slaw<br>Peach Cups                            |  |
| <b>July 27</b><br>Mac and Cheese<br>Steamed Broccoli<br>Garlic Bread<br>Zucchini Bread<br>Banana                 | <b>July 28</b><br>Taco<br>Beef or Chicken<br>Rice and Beans<br>Roasted Pepper and Onions<br>Oranges  | <b>July 29</b><br>Herb Roasted Chicken<br>Smashed Potatoes<br>Collard Greens<br>Cornbread<br>Vanilla Pudding     | <b>July 30</b><br>Turkey and Cheese Sandwich<br>Chips<br>Sauteed Spinach<br>Chocolate Chip Cookies<br>Pears  |  |

