





July 2024

Regular Organic – Main Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																																
	1 <u>Perfect Beef Bolognese Pasta</u> with Enriched Bolognese Beef Sauce plus Carrots Shredded Parmesan Cheese on top Unsweetened Applesauce	2 <u>Chicken Stroganoff</u> hormone-free chicken breast with cauliflower and Mushrooms Enriched Basmati White Rice and Thin Potato Sticks Fresh Organic Fruits	3 <u>Baked Cheesy Chicken Taquito</u> Oven Baked Potato-Broccoli-Cauliflower Mix Fresh Organic Fruits	4 Independence Day	5  PIZZA	6																																																																																																
7	8 <u>Chicken Alfredo Pasta</u> with Organic Broccolis and Shredded Parmesan Cheese on top Unsweetened Applesauce	9 <u>Chicken Quesadilla</u> Soft flour tortillas, Shredded Chicken and Shredded Cheese Cauli-Potato Hash Browns Sour Cream on the Side Fresh Organic Fruits	10 <u>Teriyaki Chicken</u> Enriched Jasmine White Rice and Green Beans Fresh Organic Fruits	11 <u>Burger Party</u> Premium Potato Buns, Homemade Meat-Broccoli patties & Cheese, Potato Shapes, Smiles Fresh Organic Fruits	12  PIZZA																																																																																																	
14	15 <u>Creamy Polenta</u> with Enriched Bolognese Beef Sauce (with Carrots and zucchini) and Shredded Parmesan Cheese on top Unsweetened Applesauce	16 <u>Stir Fry Steak with Broccolis</u> Enriched Jasmine White Rice Fresh Organic Fruits	17 <u>Chicken Tetrizzini Pasta</u> with Peas ad Mushrooms Shredded Cheese on top Unsweetened Applesauce	18 <u>Thursday Breakfast-For-Lunch</u> Homemade Mini Muffins (no sugar added) 4oz yogurt Cereals Cheese Snack Fresh Organic Fruits	19  PIZZA																																																																																																	
21	22 <u>Chicken Sandwich</u> (Grilled Chicken Sandwich) Potato Chips (Veggie Stix or Lay's Classic) Unsweetened Applesauce	23 <u>Lean ground Beef</u> Enriched Jasmine White Rice Plantains and Carrots Fresh Organic Fruits	24 <u>Creamy Mac & Cheese</u> (with Butternut Squash on the Sauce) with Chicken Tenders Fresh Organic Fruits	25 <u>Oven Baked Mama's Chicken and Rice</u> with Sweet Corn and Petite Peas Fresh Organic Fruits	26  PIZZA																																																																																																	
28 Parents' Day	29 <u>Vegetable Homemade Lasagna</u> Alfredo Sauce, zucchini, cauliflower, Carrots, Corn, Cheese and Spinach Plus Garlic Bread on the Side Unsweetened Applesauce	30 <u>Breaded Fish</u> Enriched Jasmine White Rice Organic Pinto Beans and Vegetable Mix Tangerine/Clementine	31 <u>Meatloaf with Carrots</u> Egg Noodles (on Butter) and Vegetable Mix Fresh Organic Fruits																																																																																																			
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1-Jul	Monday	Perfect Beef Bolognese Pasta with Enriched Bolognese Beef Sauce (with Carrots and zucchini). Shredded Parmesan Cheese on top Ground Beef Stroganoff, Pasta on Butter and Organic Mixed Vegetables
2-Jul	Tuesday	Chicken Stroganoff (creamy hormone-free chicken breast with cauliflower and Mushrooms), Enriched Jasmine White Rice and Thin Potato Sticks Slowly Cooked Shredded Beef (Ropa Vieja) with potatoes and carrots, Enriched Jasmine White Rice and Plantains
3-Jul	Wednesday	Baked Cheesy Chicken Taquito with Oven Baked Potato-Broccoli-Cauliflower Mix Homemade Beef and Veal Meatballs, Pasta on Butter and Oven Baked Potato-Broccoli-Cauliflower Mix
4-Jul	Thursday	Kitchen Closed
8-Jul	Monday	Chicken Alfredo Pasta with Organic Broccolis and Shredded Parmesan Cheese on top Chicken Sandwich (Grilled Chicken Sandwich with Cheese), Potato Chips (Veggie Stix or Lay's Classic)
9-Jul	Tuesday	Chicken Quesadilla (Soft flour tortillas, Shredded Chicken and Shredded Cheese), Cauli-Potato Hash Browns and Baby Carrots Lean ground Beef, Enriched Jasmine White Rice, Plantains and Carrots
10-Jul	Wednesday	Teriyaki Chicken, Enriched Jasmine White Rice and Organic Peas Creamy Mac & Cheese (with Butternut Squash on the Sauce) and Hormone-free Chicken Tenders
11-Jul	Thursday	Burger Party (Premium Potato Buns, Cheese and Homemade Meat-Broccoli Patties), Smiles Potato Fries or Cauli-Potato Tots Spinach Grilled Cheese (Spinach and American/Cheddar cheese on toasted 100% wheat potato bread), Plantains Chips on the side
15-Jul	Monday	Creamy Polenta with Enriched Bolognese Beef Sauce (with Carrots and zucchini) and Shredded Parmesan Cheese on top Chicken Parmigiana, Pasta and Organic Carrots with Fresh Tomato and Basil Sauce
16-Jul	Tuesday	Stir Fry Steak with Broccolis and Enriched Jasmine White Rice Roast Beef with Broccolis and Enriched Jasmine White Rice
17-Jul	Wednesday	Chicken Tetrazzini with Peas ad Mushrooms and Shredded Cheese on top Chicken Stroganoff (creamy hormone-free chicken breast with cauliflower and Mushrooms), Enriched Jasmine White Rice and Thin Potato Sticks
18-Jul	Thursday	Thursday Breakfast-For-Lunch - Homemade Mini Muffins (no sugar added), 4oz yogurt, Cereal and Cheese Snack Pink Hummus Roll Ups (Whole grain tortilla, Beet Hummus and Cheese sliced into spirals), Plus Carrot and Cucumber Sticks
22-Jul	Monday	Chicken Sandwich (Grilled Chicken Sandwich with Cheese), Potato Chips (Veggie Stix or Lay's Classic) Chicken Alfredo Pasta with Organic Broccolis and Shredded Parmesan Cheese on top
23-Jul	Tuesday	Lean ground Beef, Enriched Jasmine White Rice, Plantains and Carrots Chicken Quesadilla (Soft flour tortillas, Shredded Chicken and Shredded Cheese), Cauli-Potato Hash Browns and Baby Carrots
24-Jul	Wednesday	Creamy Mac & Cheese (with Butternut Squash on the Sauce) and Hormone-free Chicken Tenders Teriyaki Chicken, Enriched Jasmine White Rice and Organic Peas
25-Jul	Thursday	Oven Baked Mamaw's Chicken and Rice with Sweet Corn and Petite Peas Grilled Turkey & Cheese Sandwich (American and Cheddar cheese with Turkey Slices on toasted 100% wheat potato bread), Plantains or Sweet Potato Chips on the side
29-Jul	Monday	Vegetable Homemade Lasagna (Alfredo Sauce, zucchini, cauliflower, Carrots, Corn, Cheese and Spinach), Plus Garlic Bread on the Side Large Square Cheese Ravioli with Fresh Tomato and Basil Sauce and Soft Roll
30-Jul	Tuesday	Breaded Fish, Enriched Jasmine White Rice, Organic Beans and Vegetable Mix Asiatic Inspired Fried Rice with Veggie Mix, Organic Baby Corn and Scrambled eggs plus Chicken
31-Jul	Wednesday	Meatloaf with Carrots, Egg Noodles (on Butter) and Vegetable Mix White Meat Chicken Nuggets, Enriched Jasmine White Rice Vegetable Mix