

*Sides may change based on freshness and availability

summer lunch menu }

june 2019
july 2019
august 2019

monday tuesday wednesday thursday friday

			August 1, 2019 Turkey Sloppy Joe <i>Boca Sloppy Joe</i> WG Bun Glazed Carrots Honeydew or Watermelon	August 2, 2019 Southwest Veggie Burger WG Bun Cold Peas Orange Slices
August 5, 2019 Sweet & Sour Chicken <i>Sweet & Sour Tofu</i> Brown Rice Green Beans Honeydew	August 6, 2019 Penne Pasta Marinara w/ Mozzarella Cheese Cold Peas Cantaloupe or Watermelon	August 7, 2019 Meatloaf <i>Veggie "Meat"loaf</i> WG Bread Glazed Carrots Fruit Salad	August 8, 2019 Pizza Muffins with Marinara Broccoli Pineapple	August 9, 2019 Chicken Nuggets <i>Veggie Nuggets</i> Whole Grain Bread Peas & Carrots Orange Slices
August 12, 2019 Beef Taco <i>Boca Taco</i> Flour Taco Refried Beans Apple Slices	August 13, 2019 Creamy Mac n Cheese Cucumbers Cantaloupe	August 14, 2019 Veggie Lo Mein w/ Scrambled Eggs Broccoli Fruit Salad	August 15, 2019 BBQ Chicken Breast <i>BBQ Tofu</i> WG Roll Roasted Potatoes Honeydew	August 16, 2019 Tortellini w/ Marinara and Mozzarella Cheese Green Beans Orange Slices
August 19, 2019 Hawaiian Chicken <i>Hawaiian Tofu</i> WG Roll Glazed Carrots Honeydew	August 20, 2019 Mediterranean Meatballs w/ Sumac Sauce <i>Veggie "Meat"balls</i> Pita Bread Cucumber Slices Applesauce	August 21, 2019 Rotini Pasta w/ Tomato Cream Sauce and Mozzarella Cheese Broccoli Pear Slices or Watermelon	August 22, 2019 Fish Tenders <i>Veggie Nuggets</i> WG Pullman Cold Peas Apple Slices	August 23, 2019 Beef Burger <i>Southwest Veggie Burger</i> WG Bun Roasted Sweet Potatoes Orange Slices
August 26, 2019 Roasted Turkey w/ Gravy <i>Tofurkey w/ Gravy</i> Brown Rice Green Beans Apple Slices	August 27, 2019 Lemon Chicken <i>Lemon Tofu</i> WG Bread Roasted Potatoes Cantaloupe	August 28, 2019 Ravioli with Marinara and Mozzarella Cheese Broccoli Pear Slices	August 29, 2019 Turkey Sloppy Joe <i>Boca Sloppy Joe</i> WG Bun Glazed Carrots Honeydew or Watermelon	August 30, 2019 Southwest Veggie Burger WG Bun Cold Peas Orange Slices



nut free kitchen!
scratch cooking