



July 2025 – Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
<i>Age-appropriate milk must be served with lunch</i>	1 (V) Whole grain cheese melt * Tomato alphabet soup Fresh fruit	2 Spaghetti & meat sauce* (V) Spaghetti & tomato sauce w/ soy #^ Grated cheese Spinach salad Fresh fruit	3 Turkey taco w/whole wheat Tortilla* (V) Beans & brown rice burrito*^ Corn Grated cheese Fresh fruit	4 CLOSED FOR INDEPENDENCE DAY
7 Dirty brown rice with beef* (V) Dirty brown rice^ Spinach salad Fresh fruit	8 Bean, corn, & chicken quesadilla (V) Bean, corn & cheese quesadilla With whole wheat tortilla * Green Beans Fresh fruit	9 Stuffing topped chicken pot pie Apple coleslaw (V) Black bean tortilla soup^ Whole wheat bread/butter* Fresh fruit	10 Turkey meatloaf (V) French lentils w/ thyme^ Mashed sweet potatoes Whole wheat bread/butter* Fresh fruit	11 (V) Lasagna Tossed salad Fresh fruit
14 Whole wheat ziti with chicken * (V) Lentil penne & tomato sauce w/ soy *#^ Grated cheese Tossed salad Fresh fruit	15 (V) Beans & Brown rice^ Tossed salad Tortilla* Fresh fruit	16 Shepherd's Pie (V) Chickpea curry with potatoes^ Pineapple/mango coleslaw Whole wheat bread/butter* Fresh fruit	17 (V) Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit	18 BBQ chicken leg (V) Mushroom stroganoff ^ California blend vegetables Whole wheat bread/butter* Fresh fruit
21 Turkey sloppy joe (V) Vegetarian sloppy joe ^ Corn & edamame Roll Fresh fruit	22 Chicken chili (V) Veg out chili^ Broccoli & cheese salad Whole wheat bread/butter* Fresh fruit	23 Hamburger slider (V) Black bean burger #^ Bean medley Roll Fresh fruit	24 Chicken parmesan (V) Elbows, tomato sauce w/ soy*^ Zucchini & yellow squash Whole wheat bread/butter* Fresh fruit	25 (V) Whole wheat macaroni & cheese* Mixed vegetables Fresh fruit
28 Whole wheat Turk-a-roni* (V) White bean mushroom soup^ Grated cheese Southwest salad Fresh fruit	29 Maryland-style chicken (V) Broccoli & cheddar quinoa w/brown rice * Sugar snaps & carrots Whole wheat bread/butter* Fresh fruit	30 Chicken nuggets (V) Veggie nuggets^ Potato soup Whole wheat bread/butter* Fresh fruit	31 (V) Whole grain pizza* Garden salad Fresh fruit	<i>Fresh fruits include but are not limited to: apples, oranges, bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe. This institution is an equal opportunity provider</i>

(V) Vegetarian meal
#Gluten free

*Whole grain
^Vegan

***For Infant through Toddler (SH) and Preschool (McL) classrooms, children will receive cooked vegetables instead of salad and coleslaw. GFC offers a rotation of green beans, carrots, peas, broccoli and yellow squash.**