



Lunch Menu - July & August 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
03 July	04 July	05 July	06 July	07 July
Paneer bread rolls with carrots and peas AM: banana PM: apple cubes	Happy Independence Day	Chicken Taquitos with tomatoes salsa AM : Orange wedges cheese stick PM : grapes, veggie crackers	Chicken tenders and French fries and Hawaiian bread AM : pears and cheese sticks PM: fish crackers	Pizza day AM: watermelon PM: cookies
10 July	11 July	12 July	13 July	14 July
Potatoes cutlet sandwich AM: banana and half cup milk PM: apple and cheese cubes	Penne pasta with chicken and pesto sauce AM: crackers and oranges PM: Organic yogurt tube and pears	Chicken kabob in pita sandwich with purple cabbage and fries AM: mixed berries and yogurt PM: watermelon and popsicles	Fish fry with broccoli and dinner roll AM: apple and milk PM: veggie sticks and cheese sticks	Cheese pizza/ veggie pizza with apple juice AM: chocolate croissant and milk PM: cookies with organic low fat milk/ juice
17 July	18 July	19 July	20 July	21 July
Grill sandwiches with veggie and cheese AM: pineapple cubes PM: honeydew melon	Grill chicken and butterfly pasta with red sauce AM: oranges with raisins PM: Apple wedges/cheese cubes and crackers	Chicken and cheese quesadilla with black olives and mushrooms AM: strawberries and milk PM: fish crackers and cookies	Chicken nuggets with fries and broccoli AM: banana and milk PM: Pretzel sticks and apple juice	Cheese pizza/ veggie pizza AM: Grapes PM: Muffins and organic juice
24 July	25 July	26 July	27 July	28 July
Mac and cheese with carrots, peas and corns AM: raisins and milk PM: banana and smoothies	Naan with chicken tikka with mint chutney and yogurt AM: strawberries and yogurt PM: melon and popsicles	Paratha roll with chicken mince and tomatoes AM: peaches with ritz crackers PM: smoothie and apples	Chicken wings with bbq sauce Sweet potato wedges and corn on cob AM: blueberry muffins and milk PM: watermelon and popsicle	Pizza with apple juice AM: apples PM: marble cake with milk
31 July	01 Aug	02 Aug	03 Aug	04 Aug
Veggie sandwich with grilled veggies and mozzarella cheese AM: Hawaiian bun & cream cheese apple PM: pears/ string cheese	Sesame chicken with noodles AM: blueberries with milk PM: grapes and string cheese	Paratha qeema roll with yogurt And cucumber salad AM: banana and chocolate milk PM: fruit skewers with cheese bites/fish crackers	Fish sticks with butter biscuit & sweet potatoes AM: red grapes and pretzels PM: gogurt, and muffins	Pizza with apple juice AM: raisins with fish crackers and milk PM: chocolate chip cookies and milk