



BREAKFAST

LUNCH

DINNER

MONDAY
7/2

Omelet: ham, pepper, and mushroom with grits, honeydew, slice of whole wheat toast and glass of milk

Blackened fish, Asparagus, Tomato basil soup with slice of whole wheat toast, Apple, glass of milk

Veggie penne pasta topped with Black bean burger with Slice of cheese, Watermelon, glass of water

TUESDAY
7/3

Scrambled eggs ,Whole wheat toast with Peanut butter and Sliced banana, glass of milk

Grilled chicken breast on Whole wheat bun with Tomato and Lettuce, Sugar snap peas, Apple, glass of milk

Noodles with Shrimp, Garlic broccoli, Mango slices, glass of milk

WEDNESDAY
7/4

Savory oatmeal with small slice of Ham and Cheese, Pear slices, glass of milk

Sweet broccoli tofu, Baked sweet potato wedges, Salad with ham, cheese, and egg, Watermelon slice, glass of water

Herb roasted turkey breast, Sauteed green beans, Jasmine rice, Orange slices, glass of milk

THURSDAY
7/5

Omelet with green peppers and ham, Homestyle apples, Yogurt with granola, glass of water

Turkey with swiss cheese, lettuce, and tomatoes on whole wheat bread, Vegetable Saute, Banana, glass of water

Quinoa tofu bowl, Caesar salad, Strawberries, glass of milk

FRIDAY
7/6

Boiled egg, Oatmeal, Yogurt with peach slices, glass of water

Turkey burger with sauteed onions, Broccoli florets, Mango slices, glass of milk

Chicken salad with lettuce and tomato on wheat bread, Prince edward vegetable blend, Peach slices on yogurt, glass of water



BREAKFAST

LUNCH

DINNER

MONDAY
7/9

Omelet with ham, pepper, and mushroom,
Yogurt with granola and strawberries, glass of
water

Monterey chicken, Yellow squash and onions,
Watermelon slice, Whole wheat toast, glass of
milk

Slice of smoked ham, Mashed redskin potatoes,
Sauteed green beans, Orange wedges, glass of
milk

TUESDAY
7/10

Oatmeal, Boiled egg, Homestyle apples,
Cantaloupe, glass of milk

Orange steamed fish, Rice pilaf, Roasted Italian
vegetables, Yogurt, Banana slices, glass of
water

Sweet potato black bean quesadilla, Make your
own spring green salad, Strawberries, glass of
milk

WEDNESDAY
7/11

Grits, Slice of ham, Apple and peanut butter on
whole wheat toast, glass of milk

Squash medley, Baked sweet potato, Shrimp,
Orange wedges, glass of milk

Lemon pepper cod, Italian lentil salad over
spring green salad, Yogurt and strawberries,
glass of water

THURSDAY
7/12

Scrambled Eggs, Oatmeal with Apple Slices,
glass of Milk

Portabella stuffed with spinach and cheese on
whole wheat bun, Grilled Chicken Skewers,
Sliced Banana, glass of Water

Sushi Bowl with Crab, Strawberries, glass of
Milk

FRIDAY
7/13

Boiled Egg, Grits, Honeydew, glass of Milk

Turkey Sandwich with Whole Wheat Bread,
Steamed Cabbage, Yogurt with Strawberries,
glass of Water

Veggie Burger with a Slice of Cheddar Cheese
on whole wheat bun, Slice of Watermelon,
glass of Water



BREAKFAST

LUNCH

DINNER

MONDAY
7/16

Scrambled Eggs, Grits, Banana with Yogurt,
Glass of Water

Caesar Salad with Shrimp, Tomato Basil Soup
w/ Toast, Orange Wedges, Glass of Milk

Black Bean Burger with Whole Wheat Bun,
Green Peas, Watermelon, Glass of Milk

TUESDAY
7/17

Oatmeal, Boiled Egg, Grapefruit, Glass of Milk

Baked Chicken, Saffron Rice, Roasted Italian
Vegetables, Orange Wedges, Glass of Milk

Pad Thai Tofu, Sauteed Green Beans, Yogurt
with Granola and Honeydew, Glass of Water

WEDNESDAY
7/18

Omelet with Green Peppers, Onions, and
Mushrooms, Yogurt with Strawberries, Whole
Wheat Toast, Glass of Water

Ham Sandwich with Whole Wheat Bread with
Tomato and Lettuce, Broccoli Cheese Soup,
Honeydew, Glass of Milk

Grilled Portobello Burger with Whole Wheat
Bun, Green Beans, Watermelon, Glass of Milk

THURSDAY
7/19

Scrambled eggs, Oatmeal with Banana, Glass of
Milk

Grilled Salmon, Smashed Cauliflower, Hummus
and Pita, Apple, Glass of Milk

Grilled Chicken Skewer, Basmati Rice, Baby
Carrots, Yogurt with Strawberries and Sliced
Bananas, Glass of Water

FRIDAY
7/20

Scrambled Eggs, Yogurt with Granola,
Grapefruit, Glass of Water

Shrimp from Sautee Station, Broccoli, Whole
Wheat Toast, Strawberries, Glass of Milk

Taco Salad with everything, Spanish Rice, Pear
Slices, Glass of Milk



BREAKFAST

LUNCH

DINNER

MONDAY
7/23

Omelet with Ham and Green Peppers,
Grapefruit, Yogurt and Granola, Glass of Water

Turkey with Lettuce, Sliced Tomato, and
Cheddar Cheese on Wheat Bread, Tomato Basil
Soup, Orange Wedges, Glass of Milk

Smoked Ham, Green Peas, Whole Wheat Toast,
Strawberries, Glass of Milk

TUESDAY
7/24

Boiled Egg, Cup of Cottage Cheese with
Pineapple, Oatmeal, Glass of Water

Orange Steamed Fish, Rice, Roasted
Vegetables, Yogurt with Honeydew and
Granola, Glass of Water

Turkey Breast on Whole Wheat Bun, Broccoli,
Banana, Glass of Milk

WEDNESDAY
7/25

Scrambled Eggs, Slice of Ham, Whole Wheat
Toast, Yogurt with Strawberries and Granola,
Glass of Water

Shrimp from Sautee Station, Sweet Broccoli,
Baked Sweet Potato Wedges, Watermelon,
Glass of Milk

Lemon Pepper Cod, Sugar Snap Peas, Whole
Wheat Toast, Orange Wedges, Glass of Milk

THURSDAY
7/26

Oatmeal with Strawberries, Boiled Egg, Glass of
Milk

Ham Sandwich on Whole Wheat Bread,
Roasted Cauliflower, Orange Wedges, Glass of
Milk

Quinoa Almond Tofu Bowl, Baby Carrots,
Watermelon, Glass of Milk

FRIDAY
7/27

Omelet with Tomato and Onions, Pear Slices,
Whole Wheat Toast, Glass of Milk

Lemon Pepper Cod over Spinach Salad, Whole
Wheat Toast, Mango, Glass of Milk

Veggie Burger with Whole Wheat Bun and Slice
of Cheddar Cheese, Bean Blend, Peach Slices,
Glass of Milk



BREAKFAST

LUNCH

DINNER

MONDAY
7/30

Oatmeal, Homestyle Apples, Boiled Egg, Glass of Milk

Chicken Monterrey, Roasted Asparagus, Yogurt with Banana and Granola, Glass of Water

Black Bean Burger with Sauteed Onions over a Spring Green Salad, Whole Wheat Toast Orange Wedges, Glass of Milk

TUESDAY
7/31

Scrambled Eggs, Grits, Yogurt and Strawberries, Glass of Water

Orange Steamed Fish, Rice Pilaf, Roasted Italian Vegetables, Honeydew, Glass of Milk

Turkey Breast, Broccoli, Wild Rice, Watermelon Slices, Glass of Milk

