



**EVERETT/MALDEN/MEDFORD/ SOMERVILLE SUMMER MEALS**



**MENU**

WK	Monday	Tuesday	Wednesday	Thursday	Friday
	<b>2-Jul</b>	<b>3-Jul</b>	<b>4-Jul</b>	<b>5-Jul</b>	<b>6-Jul</b>
<b>2</b>	<u>Lunch</u> BBQ Grilled Chicken, Chuckwagon Corn, Biscuit Fresh Fruit Unflavored 1% Milk	<u>Lunch</u> Cheese Lasagna/Tomato Sauce Italian Green Bean Fresh Fruit Unflavored 1% Milk		<u>Lunch</u> Chicken Nuggets Over Rice&Bean, Cauliflower w/ Diced Red Peppers Ketchup Pkt. Fresh Fruit Unflavored 1% Milk	<u>Lunch</u> Turkey & Cheese Sandwich on Wheat Bread w/ Mayo Pkt. Broccoli Slaw Fresh Fruit, Unflavored 1% Milk
	*CHICKEN*	*MEATLESS*		*CHICKEN*	*TURKEY*
	<b>9-Jul</b>	<b>10-Jul</b>	<b>11-Jul</b>	<b>12-Jul</b>	<b>13-Jul</b>
<b>3</b>	<u>Lunch</u> Salisbury Steak w/Gravy Garlic Mashed Potatoes WG Dinner Roll Cup Fruit , Unflavored 1% Milk	<u>Lunch</u> Cheese Ravioli w/Tomato Sauce Lima Beans Sliced Carrots Fresh Fruit Unflavored 1% Milk	<u>Lunch</u> Sweet n Sour Meatball, Quinoa, Chefs Vegetable of the day Fresh Fruit Unflavored 1% Milk	<u>Lunch</u> Arroz con Pollo (dominican style rice & chicken) Mixed Vegetables Fresh Fruit Unflavored 1% Milk	<u>Lunch</u> Cold All White Meat Chicken Salad Plate w/ Bed of Lettuce Slice Tomato Carrot Sticks w/ Ranch Dressing Pkt. Fresh Fruit, Unflavored 1% Milk
	*BEEF & SOY*	*MEATLESS*	*TURKEY*	*CHICKEN*	*CHICKEN*
	<b>16-Jul</b>	<b>17-Jul</b>	<b>18-Jul</b>	<b>19-Jul</b>	<b>20-Jul</b>
<b>4</b>	<u>Lunch</u> Cheese Lasagna/Tomato Sauce Spinach Fresh Fruit Unflavored 1% Milk	<u>Lunch</u> Hot Open Face Turkey Sandwich w/ gravy, Whipped Potato, Wheat Bread Fresh Fruit, Unflavored 1% Milk	<u>Lunch</u> Grilled Chicken Teriyaki Asian Style Vegetables, Chow Mein Noodles Fresh Fruit, Unflavored 1% Milk	<u>Lunch</u> Turkey Meatloaf w/ Gravy Steamed Broccoli Biscuit Fresh Fruit Unflavored 1% Milk	<u>Lunch</u> Turkey & Cheese Sandwich on Wheat Bread w/ Mayo Pkt. Cucumber Slices Cup Fruit, Unflavored 1% Milk
	*MEATLESS*	*TURKEY*	*CHICKEN*	*TURKEY*	*TURKEY*
	<b>23-Jul</b>	<b>24-Jul</b>	<b>25-Jul</b>	<b>26-Jul</b>	<b>27-Jul</b>
<b>5</b>	<u>Lunch</u> Ravioli w/ Meatballs Tomato Sauce Sweet Potato Wedge Fresh Fruit Unflavored 1% Milk	<u>Lunch</u> Chicken Nuggets Over Rice&Beans Mixed Vegetables Ketchup Pkt. Fresh Fruit Unflavored 1% Milk	<u>Lunch</u> Rotini & Cheese Casserole (Mac&Cheese) Broccoli Cup Fruit Unflavored 1% Milk	<u>Lunch</u> Chicken Pot Pie Dinner Chicken Gravy, (Peas & Carrots) Mashed Potatoes Fresh Fruit Biscuit Unflavored 1% Milk	<u>Lunch</u> Turkey Bologna & Cheese Sandwich on Wheat Bread w/ Mustard Pkt. Cold Green Bean Salad, Fresh Fruit Unflavored 1% Milk
	*TURKEY*	*CHICKEN*	*MEATLESS*	*CHICKEN*	*TURKEY*
	<b>30-Jul</b>	<b>31-Jul</b>	<b>1-Aug</b>	<b>2-Aug</b>	<b>3-Aug</b>
<b>6</b>	<u>Lunch</u> Grilled Chicken Strips w/ Hawaiiin Sauce Diced Carrots, Tropical Brown Rice Fresh Fruit, Unflavored 1% Milk	<u>Lunch</u> BBQ Turkey Meatloaf Calif. Blnd. vegetables, WG Dinner Roll Fresh Fruit Unflavored 1% Milk	<u>Lunch</u> Cheese Tortelini w/ Tomato Sauce, Green Beans Fresh Fruit Unflavored 1% Milk	<u>Lunch</u> Nachos Fiesta (Ground Turkey Red& BlackBeans Green & Red Peppers Shredded Cheddar Cheese) Tortilla Chips Chuckwagon Corn Cup Fruit Unflavored 1% Milk	<u>Lunch</u> Turkey & Turkey Ham Sticks w/ Cheddar Cheese Sticks, p/c Crackers Carrot Sticks w/ Ranch Dressing Pkt. Fresh Fruit Unflavored 1% Milk
	*CHICKEN*	*TURKEY*	*MEATLESS*	*TURKEY*	*TURKEY*

\* 1 % Milk is served with both breakfast and lunch

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