

July

2019

Island Grown Community Lunch Program

Good food for all!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8 Yogurt Parfait with Turkey Rolls, Kale Salad, Fruit Cup	9 Chicken Caesar Salad, Pita Pocket, Fresh Fruit	10 BBQ Chicken, Rice and Beans, Green Salad, Fresh Fruit	11 Chicken Tenders, Pesto Pasta Salad, Veggie Sticks, Melon Slice	12 Deli Sandwich on Wrap with Shredded Lettuce and Tomato, Potato Salad, Fresh Fruit	13
14	15 Hummus, Cheddar Cubes, Sliced Turkey, Tomato/Cuke Salad, Olives, Pita Chips, Fresh Fruit	16 Rice and Beans with Chicken Thighs, Kale Salad, Watermelon	17 Bagel and Cream Cheese, Hard Boiled Egg, Veggie Sticks, Fresh Fruit	18 Ham and Cheese Quiche, Sunbutter and Banana Rollup, Broccoli, Dip, Orange Wedges	19 Chef Salad, Pita Pocket, Cinnamon Apples	20
21	22 Chicken Caesar Salad, Pita Pocket, Fresh Fruit	23 BBQ Chicken, Rice and Beans, Green Salad	24 Yogurt Parfait with Turkey Roll, Kale Salad, Fruit Cup	25 Chicken Tenders, Rice, Beans, Veggie Sticks, Melon Slice	26 Deli Sandwich on Wrap with Shredded Lettuce and Tomato, Potato Salad, Fresh Fruit	27
28	29 Rice and Beans with Chicken Thighs, Kale Salad, Watermelon	30 Hummus, Cheddar Cubes, Sliced Turkey, Tomato/Cuke Salad, Olives, Pita Chips, Fresh Fruit	31 Rice and Beans with Chicken Thighs, Kale Salad, Watermelon	<p>** Each day there will be an a la carte selection of fruit, proteins and breads/crackers.</p>		