

Date:		Breakfast		Lunch		Dinner	
		Main Dish	Side	Main Dish	Side	Main Dish	Side
Saturday	7/29	No Meal Needed	No Meal Needed	No Meal Needed	No Meal Needed	No Meal Needed	No Meal Needed
Sunday	7/30	french toast scrambled eggs (GF)	fruit salad turkey sausage oatmeal	chicken fingers meatless chicken fingers gluten free chicken	chips garden salad potato salad dipping sauces	sheppard's pie (GF) -keep it simple vegetarian sheppard's pie	rolls salad
Monday	7/31	crusted cheese quiche crustless cheese quiche (GF)	fruit salad oatmeal mini muffins (enough for everyone to have one)	meatballs without sauce (GF) veggie "meatballs" plain sauce	garlic bread spagetti or rolls for meatball subs gluten free pasta salad	beef burgers (GF) veggie burgers	buns french fries garden salad potato salad
Tuesday	8/1	scrambled eggs (GF)	breakfast potatoes bagels and cream cheese (enough for everyone) fruit salad oatmeal	beef hot dogs (GF) tofu dogs	buns chips salad potato salad	American chop suey baked ziti gluten free ziti	rolls green salad
Wednesday	8/2	breakfast burritos scrambled eggs (GF)	breakfast potatoes fruit salad oatmeal	roast beef sandwiches *(lettuce and tomato only) chicken caesar wraps *(chicken, caesar and lettuce only) turkey BLTs veggie sandwich/wrap (no onion) chicken caesar salad (GF)	chips veggie platter (carrot, celery sticks, etc.) pasta salad sandwich condiments	chicken tenders veggie tenders gluten free chicken	french fries salad or other veggie dipping sauces
Thursday	8/3	cheese omletts (GF)	breakfast potatoes fruit salad muffins oatmeal	Cheese quesadillas	mexican rice salsa/sour cream/ etc. black bean salad garden salad	Teriaki wings sweet chili wings (GF) sweet chili tofu	rice asian vegetables salad pineapple
Friday	8/4	pancakes scrambled eggs (GF)	turkey sausage fruit salad oatmeal	pizza bagels gluten free pizza	chips veggie platter (carrot, celery sticks, etc.) green salad	BBQ chicken (GF) bbq tofu or bbq meatless chicken	rice pilaf vegetable medley garden salad
Saturday	8/5	scrambled eggs (GF)	breakfast potatoes bagels and cream cheese (enough for everyone) fruit salad oatmeal	BBQ pulled beef (GF) tofu dogs	buns/rolls Gluten free buns/rolls salad chips pasta salad	turkey (GF) vegetarian turkey alternative or ve	mashed potatoes gravy cooked carrots/peas/corn stuffing rolls
Sunday	8/6	french toast scrambled eggs (GF)	fruit salad turkey sausage oatmeal	mac and cheese baked ziti gluten free mac and cheese	garlic bread salad	Chicken stir-fry (GF) tofu stir-fry	fried rice (without veggies) stir fried veggies veggie spring rolls dipping sauces
Monday	8/7	crusted cheese quiche crustless cheese quiche (GF)	fruit salad oatmeal mini muffins (enough for everyone to have one)	beef hot dogs (GF) tofu dogs	buns chips salad potato salad	meatballs out of sauce (GF) veggie "meatballs" plain sauce	garlic bread spagetti rice (GF) garden salad
Tuesday	8/8	scrambled eggs (GF)	breakfast potatoes bagels and cream cheese (enough for everyone) fruit salad oatmeal	pizza bagels gluten free pizza	chips veggie platter (carrot, celery sticks, etc.) green salad	BBQ chicken (GF) bbq tofu or bbq meatless chicken	rice pilaf vegetable medley garden salad
Wednesday	8/9	breakfast burritos scrambled eggs (GF)	breakfast potatoes fruit salad oatmeal	beef burgers (GF) veggie burgers	chips potato salad garden salad	Teriaki wings sweet chili wings (GF) sweet chili tofu	rice asian vegetables garden salad pineapple