

July 2009

July 2009						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
All meals are served with Organic Milk and Water. Please see Cooking Project Plan for snack items. Green Salad consists of romaine lettuce, spinach, and ranch salad dressing			1	2	3	4
						→
5	6 Pinto Beans Brown Rice Carrots Green Salad	7 Pasta Bake 3 cheese Blend Corn Green Salad	8 Teriyaki Noodles Mixed Veggies Tofu Green Salad	9 Pho Chicken Soup Corn Green Salad	10 Grilled Cheese Sandwich Tomato Soup Green Salad	11
12	13 Mac and Cheese Broccoli Green Salad	14 Whole wheat pizza-Cheese Green Salad Cucumbers	15 Cheese Quesadilla Pinto Beans Green Salad	16 Turkey Spaghetti Broccoli Garlic Toast Green Salad	17 Fish Sticks Mashed Potatoes Broccoli Green Salad	18
19	20 Enchilada Assort. Veggies Rice/Beans Salad	21 Mac and Cheese Broccoli Green Salad	22 White Beans Brown Rice Cucumbers Green Salad	23 Lasagna Cheese/ Veggies Garlic Bread Green Salad	24 Tofu Stir-fry Rice Mixed Veggies Green Salad	25
26	27 Baked Chicken Mashed Potatoes Broccoli Green Salad	28 Potato Soup Cheese Green Salad	29 Bee-Bim bop Eggs Meat Carrots Spinach Brown Rice	30 Kidney Beans Brown Rice Carrots Green Salad	31 Spring rolls-Tofu Lettuce Fried rice Corn	