



## Local Food Cycle Menu – Summer

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>M/MA:</b>	🍷 Turkey burger	🍷 Chicken Caesar wrap	Spaghetti & 🍷 meat sauce	Tuna salad sandwich	Cheese pizza
<b>Grain:</b>	WG bun	WG tortilla	WG garlic bread & spaghetti	WG bread	WG pizza crust
<b>Fruit:</b>	🍷 Watermelon	🍷 Apples	🍷 Raspberries, blueberries	🍷 Cantaloupe	🍷 Strawberries
<b>Veg:</b>	🍷 Green beans	🍷 Tomato salad	California blend ( 🍷 carrots, broccoli, cauliflower)	🍷 3 bean salad	🍷 Lettuce salad

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>M/MA:</b>	Philly cheesesteak	Chicken nuggets	Soft shell taco ( 🍷 taco meat)	Turkey & cheese	🍷 Meat & cheese calzone
<b>Grain:</b>	WG bun	WG Mac & cheese & breading	WG tortilla shell	WG bun	WG crust
<b>Fruit:</b>	🍷 Peaches	🍷 Strawberries & rhubarb	Fruit cup	🍷 Watermelon	🍷 Plum
<b>Veg:</b>	🍷 Sweet potato fries	🍷 Peas	Refried beans & Mexican 🍷 sweet corn	🍷 Potato salad	Lettuce salad

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
<b>M/MA:</b>	Hot dog	Super nachos	🍷 Eggs and sausage	Chicken strip wrap	Sausage French bread pizza
<b>Grain:</b>	WG bun	Tortilla chips	WG waffles	WG tortilla & chicken breading	WG bread crust
<b>Fruit:</b>	🍷 Cantaloupe	Applesauce	🍷 Strawberries, blueberries, bananas	🍷 Pears	🍷 Honeydew
<b>Veg:</b>	🍷 Buffalo cauliflower	Bean dip, guacamole, 🍷 tomato, 🍷 red peppers, 🍷 onions	🍷 Sautéed spinach & mushrooms	Greek salad ( 🍷 lettuce, 🍷 tomato, feta, onion, olives)	🍷 Lettuce salad



Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
<b>M/MA:</b>	🍷 Hamburger	<a href="#">Chicken &amp; vegetable quesadilla</a>	🍷 BBQ pulled chicken	Roast beef & cheddar sandwich	Cheese breadstick
<b>Grain:</b>	WG bun	Tortilla	🍷 Cornbread muffin	WG bread	Breading
<b>Fruit:</b>	🍷 Watermelon	🍷 Raspberries, blueberries	🍷 Baked apples	🍷 Cantaloupe	🍷 Apples
<b>Veg:</b>	Baked beans & 🍷 coleslaw	🍷 Peppers, 🍷 onions & spicy kidney beans	🍷 Collard greens	🍷 Carrot smoothie	🍷 Lettuce salad

Week 5	Monday	Tuesday	Wednesday	Thursday	Friday
<b>M/MA:</b>	BBQ rib	Pigs in a blanket	<a href="#">Teriyaki chicken</a>	Club wrap (ham, turkey, bacon, cheese)	Pepperoni pizza
<b>Grain:</b>	WG bun	WG bread	WG rice	Tortilla	Crust
<b>Fruit:</b>	🍷 Strawberries	🍷 Honeydew	Pineapple	🍷 Plum	🍷 Watermelon
<b>Veg:</b>	Calico beans	🍷 Tasty sweet potato tots	🍷 Broccoli	🍷 Carrots, celery w/ hummus	🍷 Lettuce salad