

JULY | 2023



PRC Lunch

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
25	26	27	28	29	30	1 Cheese ravioli served with meat sauce Garlic bread Juice/Milk
2 Cheeseburger Roasted potatoes Fruit Juice/Milk	3 Teriyaki chicken with fried rice Assorted veggies Fruit Juice/Milk	4 Steak enchiladas Brown Spanish rice Assorted veggies Fruit Juice/Milk	5 Meat and cheese lasagna Assorted veggies Garlic bread Fruit Juice/Milk	6 Chicken sausage with roasted potatoes Assorted veggies Fruit Juice/Milk	7 Pizza Assorted veggies Fruit Juice/Milk	8 Fish sticks served with brown rice Fruit Juice/Milk
9 Chicken tenders Roasted sweet potatoes Fruit Juice/Milk	10 Mashed potato bowl with chicken Assorted veggies Fruit Juice/Milk	11 Shrimp fried rice Fruit Juice/Milk	12 Chicken parm Whole grain buttered noodles Assorted veggies Juice/Milk	13 Garlic bread grilled cheese Roasted potatoes Assorted veggies Fruit Juice/Milk	14 Pizza Assorted veggies Fruit Juice/Milk	15 Cheese ravioli served with meat sauce Garlic bread Juice/Milk
16 Cheeseburger Roasted potatoes Fruit Juice/Milk	17 Teriyaki chicken with fried rice Assorted veggies Fruit Juice/Milk	18 Steak enchiladas Brown Spanish rice Assorted veggies Fruit Juice/Milk	19 Meat and cheese lasagna Assorted veggies Garlic bread Fruit Juice/Milk	20 Chicken sausage with roasted potatoes Assorted veggies Fruit Juice/Milk	21 Pizza Assorted veggies Fruit Juice/Milk	22 Fish sticks served with brown rice Fruit Juice/Milk
23 Chicken tenders Roasted sweet potatoes Fruit Juice/Milk	24 Mashed potato bowl with chicken Assorted veggies Fruit Juice/Milk	25 Shrimp fried rice Fruit Juice/Milk	26 Chicken parm Whole grain buttered noodles Assorted veggies Juice/Milk	27 Garlic bread grilled cheese Roasted potatoes Assorted veggies Fruit Juice/Milk	28 Pizza Assorted veggies Fruit Juice/Milk	29 Cheese ravioli served with meat sauce Garlic bread Juice/Milk
30 Cheeseburger Roasted potatoes Fruit Juice/Milk	31	1	2	3	4	5