






Monday	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1% milk served daily with meals. Meal sodium total includes all food & beverage provided</p>  = meal >600mg sodium	<p>Red Cabbage Salad 1 Tuna Noodle Casserole Green Beans Apple</p> <p>420 mg sodium</p>	<p>Black Eyed Pea Salad 2 BBQ Chicken Mashed Potatoes Broccoli WW Roll Peaches</p> <p>680 mg sodium</p> 	<p>We will be CLOSED FRIDAY, JULY 3RD In Observance of Independence Day</p> 
<p>Corn Salad 6 Beef Chili (Chili con Carne) Cilantro Brown Rice Mexican Zucchini 290 mg sodium Fresh Pineapple</p>	<p>Asian Carrot Salad 7 Teriyaki Chicken Meatballs Brown Rice Stir Fry Veggies Mandarins 410 mg sodium</p>	<p>Spinach Salad 8 Turkey Stuffed Pepper Lemon Herb Couscous Parsley Carrots Strawberries 380 mg sodium</p>	<p>Balela (Chickpea) Salad 9 Pesto Tilapia Whole Wheat Pasta Roasted Cauliflower Apricots 440 mg sodium</p>	<p>Broccoli Salad 10 Lentil Shepherd's Pie Roasted Asparagus Whole Wheat Biscuit Applesauce 550 mg sodium</p>
<p>Edamame Salad 13 Sweet & Sour Chicken Brown Rice Bok Choy Strawberries 450 mg sodium</p>	<p>Broccoli Slaw 14 Curried Chickpeas with Spinach (Chana Saag) Turmeric Brown Rice Butternut Squash 410 mg sodium Tropical Fruit</p>	<p>Quinoa Salad 15 Meatloaf Mashed Potatoes Mixed Vegetables Orange 500 mg sodium</p>	<p>Corn Salad 16 Pollo Guisado (Puerto Rican Chicken) Cilantro Brown Rice Black Beans 580 mg sodium Fresh Berries</p>	<p>Citrus Salad 17 Cod with Lemon Sauce Farro Sautéed Spinach Apple 330 mg sodium</p>
<p>Green Pea Salad 20 Mushroom Ravioli with Vegan Bolognese Broccoli Whole Wheat Roll Honeydew 730 mg sodium</p> 	<p>Bell Pepper Salad 21 Pineapple Tilapia Quinoa, Kale, Edamame Sesame Ginger Carrots Fresh Peach 420 mg sodium</p>	<p>Beet Salad 22 Chicken Shawarma Lemon Herb Couscous Grilled Eggplant, Bell Peppers & Zucchini Cantaloupe 480 mg sodium</p>	<p>Asian Carrot Salad 23 Beef Bulgogi Brown Rice Stir Fry Veggies Banana 530 mg sodium</p>	<p>Tomato Salad 24 Chicken Fajitas Cilantro Brown Rice Pinto Beans Kiwi 500 mg sodium</p>
<p>Coleslaw 27 Chicken Marbella Brown Rice Pilaf Sweet Potato Grapes 430 mg sodium</p>	<p>Asian Slaw 28 Turkey Stir Fry Brown Rice Sesame Ginger Carrots Asian Pear 590 mg sodium</p>	<p>Black Eyed Pea Salad 29 Balsamic Salmon Lemon Herb Couscous California Mix Veggies Pears 450 mg sodium</p>	<p>Broccoli Slaw 30 Black Bean Hash Quinoa Pilaf Roasted Zucchini Nectarine 510 mg sodium</p>	<p>WW Macaroni Salad 31 Roast Beef Mashed Potatoes Glazed Carrots Strawberries 510 mg sodium</p>