

SEAMLESS SUMMER MENU 2019

<i>Monday 6/17</i>	<i>Tuesday 6/18</i>	<i>Wednesday 6/19</i>	<i>Thursday 6/20</i>	<i>Friday 6/21</i>
izza, Pepperoni or Cheese reen Beans, Ranch ressing resh Fruit, Low-fat or onfat Milk	Oven Fried Chicken or Tofu Peas, Roll Fresh Fruit, Low-fat or Nonfat Milk	Mac-n-Cheese Roasted Broccoli Fresh Fruit, Low-fat or Nonfat Milk	Chicken or Veggie Salad Sub Cherry Tomatoes, Pickles, Mustard, Mayonnaise Fresh Fruit, Low-fat or Nonfat Milk	Nachos, Beef or Veggie Chips, Cheese, Refried Beans Salsa, Sour Cream, Pickled Jalapenos Fresh Fruit, Low-fat or Nonfat Milk
<i>Monday 6/24</i>	<i>Tuesday 6/25</i>	<i>Wednesday 6/26</i>	<i>Thursday 6/27</i>	<i>Friday 6/28</i>
izza, Pepperoni or Cheese nap Peas, Ranch Dressing resh Fruit, Low-fat or onfat Milk	Hamburger or Veggie Patty WW Bun Potato Salad, Pickles, Ketchup Fresh Fruit, Low-fat or Nonfat Milk	Pasta Marinara with Cheese Tossed Salad, Dressing Fresh Fruit, Low-fat or Nonfat Milk	Chicken or Veggie Salad Sub Lettuce and Tomato Thousand Island Dressing Fresh Fruit, Low-fat or Nonfat Milk	Roasted Chicken Garlic Herb Couscous Corn Fresh Fruit, Low-fat or Nonfat Milk
<i>Monday 7/1</i>	<i>Tuesday 7/2</i>	<i>Wednesday 7/3</i>	<i>Thursday 7/4</i>	<i>Friday 7/5</i>
izza, Pepperoni or Cheese nap Peas, Ranch Dressing resh Fruit, Low-fat or onfat Milk	Tamale, Black Bean & Cheese Pinto Beans, Rice Salsa, Sour Cream, Pickled Jalapenos Fresh Fruit, Low-fat or Nonfat Milk	Chicken or Veggie Salad and Cheese Sub Carrots, Green Goddess Pickles Fresh Fruit, Low-fat or Nonfat Milk	4th of July Holiday	Pulled Turkey or Veg Patty WW Bun Peas Fresh Fruit, Low-fat or Nonfat Milk
<i>Monday 7/8</i>	<i>Tuesday 7/9</i>	<i>Wednesday 7/10</i>	<i>Thursday 7/11</i>	<i>Friday 7/16</i>
izza, Pepperoni or Cheese reen Beans Ranch ressing resh Fruit, Low-fat or onfat Milk	Burritos, Bean and Cheese Mexican Style Slaw Salsa, Sour Cream, Pickled Jalapenos Fresh Fruit, Low-fat or Nonfat Milk	Pasta Marinara with Cheese Tossed Salad, Dressing Fresh Fruit, Low-fat or Nonfat Milk	Lemon Chicken or Veggie Salad Sandwich Cherry Tomatoes, Pickles, Mustard, Mayonnaise Fresh Fruit, Low-fat or Nonfat Milk	Soft Taco, Chicken or Veggie Beans & Rice, Salsa, Sour Cream, Pickled Jalapenos Fresh Fruit, Low-fat or Nonfat Milk
<i>Monday 7/15</i>	<i>Tuesday 7/16</i>	<i>Wednesday 7/17</i>	<i>Thursday 7/18</i>	<i>Friday 7/19</i>
izza, Pepperoni or Cheese reen Beans Ranch ressing resh Fruit, Low-fat or onfat Milk	Bbq Chicken or Veggie Sandwich on WW Bun Cole Slaw, Pickles Mayonnaise Fresh Fruit, Low-fat or Nonfat Milk	Mac-n-Cheese Roasted Broccoli Fresh Fruit, Low-fat or Nonfat Milk	Chicken or Veggie Salad Sub Lettuce and Tomato Thousand Island Dressing Fresh Fruit, Low-fat or Nonfat Milk	Nachos, Beef or Veggie Chips, Cheese, Refried Beans Salsa, Sour Cream, Pickled Jalapenos Fresh Fruit, Low-fat or Nonfat Milk
<i>Monday 7/22</i>	<i>Tuesday 7/23</i>	<i>Wednesday 7/24</i>	<i>Thursday 7/25</i>	<i>Friday 7/26</i>
izza, Pepperoni or Cheese reen Beans Ranch ressing resh Fruit, Low-fat or onfat Milk	Hamburger or Veggie Patty WW Bun Potato Salad, Pickles, Ketchup Fresh Fruit, Low-fat or Nonfat Milk	Pasta Marinara with Cheese Tossed Salad, Dressing Fresh Fruit, Low-fat or Nonfat Milk	Chicken or Veggie Salad and Cheese Sub Carrots, Green Goddess Pickles Fresh Fruit, Low-fat or Nonfat Milk	Fajitas, Chicken or Veggie WW Tortilla Roasted Vegetables Salsa, Sour Cream, Pickled Jalapenos Fresh Fruit, Low-fat or Nonfat Milk
<i>Monday 7/29</i>	<i>Tuesday 7/30</i>	<i>Wednesday 7/31</i>	<i>Thursday 8/1</i>	<i>Friday 8/2</i>
izza, Pepperoni or Cheese reen Beans Ranch ressing resh Fruit, Low-fat or onfat Milk	Burritos, Bean and Cheese Mexican Style Slaw Salsa, Sour Cream, Pickled Jalapenos Fresh Fruit, Low-fat or Nonfat Milk	Mac-n-Cheese Roasted Broccoli Fresh Fruit, Low-fat or Nonfat Milk	Roast Turkey or Veggie Sub Cherry Tomato's Pickles, Mustard, Mayonnaise Fresh Fruit, Low-fat or Nonfat Milk	Quesadilla, Chicken or Veggie Pinto Beans Salsa, Sour Cream, Pickled Jalapenos Fresh Fruit, Low-fat or Nonfat Milk
<i>Monday 8/5</i>	<i>Tuesday 8/6</i>	<i>Wednesday 8/7</i>	<i>Thursday 8/8</i>	<i>Friday 8/9</i>
izza, Pepperoni or Cheese reen Beans Ranch ressing resh Fruit, Low-fat or onfat Milk	Bbq Chicken or Veggie Sandwich on WW Bun Cole Slaw, Pickles Mayonnaise Fresh Fruit, Low-fat or Nonfat Milk	Pasta Marinara with Cheese Tossed Salad, Dressing Fresh Fruit, Low-fat or Nonfat Milk	Chicken or Veggie Salad Sub Lettuce and Tomato Thousand Island Dressing Fresh Fruit, Low-fat or Nonfat Milk	Soft Taco, Chicken or Veggie Beans & Rice, Salsa, Sour Cream, Pickled Jalapenos Fresh Fruit, Low-fat or Nonfat Milk
<i>Monday 8/12</i>	<i>Tuesday 8/13</i>	<i>Wednesday 8/14</i>	<i>Thursday 8/15</i>	<i>Friday 8/16</i>
izza, Pepperoni or Cheese reen Beans Ranch ressing resh Fruit, Low-fat or onfat Milk	Hamburger or Veggie Patty WW Bun Potato Salad, Pickles, Ketchup Fresh Fruit, Low-fat or Nonfat Milk	Mac-n-Cheese Roasted Broccoli Fresh Fruit, Low-fat or Nonfat Milk	Chicken or Veggie Salad and Cheese Sub Carrots, Green Goddess Pickles Fresh Fruit, Low-fat or Nonfat Milk	Nachos, Beef or Veggie Chips, Cheese, Refried Beans Salsa, Sour Cream, Pickled Jalapenos Fresh Fruit, Low-fat or Nonfat Milk
<i>Monday 8/19</i>	<i>Tuesday 8/20</i>	<i>Wednesday 8/21</i>	<i>Thursday 8/22</i>	<i>Friday 8/23</i>
izza, Pepperoni or Cheese reen Beans Ranch ressing resh Fruit, Low-fat or onfat Milk	Burritos, Bean and Cheese Mexican Style Slaw Salsa, Sour Cream, Pickled Jalapenos Fresh Fruit, Low-fat or Nonfat Milk	Pasta Marinara with Cheese Tossed Salad, Dressing Fresh Fruit, Low-fat or Nonfat Milk	Closed	Closed