

Palcare – July 2019

MON	TUE	WED	THU	FRI
<p>1</p> <p>AM Snack Whole Grain Cereal & Milk with Seasonal Fruit</p> <p>Lunch Garden Veggie Lasagna with Seasonal Veggies & Fruit</p> <p>PM Snack Wheat Thins & Mozzarella String Cheese</p>	<p>2</p> <p>AM Snack Mini Bagels with Cream Cheese & Seasonal Fruit</p> <p>Lunch Teriyaki Chicken and Seasonal Veggies & Fruit</p> <p>PM Snack Chex Mix</p>	<p>3</p> <p>AM Snack Plain Yogurt with Mixed Berries and Seasonal Fruit</p> <p>Lunch Chicken & Veggie Pot Stickers with Seasonal Veggies & Fruit</p> <p>PM Snack Shelled Edamame</p>	<p>4</p> <p>CLOSED FOR FOURTH OF JULY HOLIDAY</p>	<p>5</p> <p>AM Snack Mini Muffin & Seasonal Fruit</p> <p>Lunch Cheese Pizza with Seasonal Veggies & Fruit</p> <p>PM Snack Egg Salad with Crackers</p>
<p>8</p> <p>AM Snack Whole Grain Cereal & Milk with Seasonal Fruit</p> <p>Lunch Red Beans & Rice with Seasonal Veggies & Fruit</p> <p>PM Snack Cheddar Goldfish Crackers</p>	<p>9</p> <p>AM Snack Waffles and Applesauce with Seasonal Fruit</p> <p>Lunch Mac & Cheese With Seasonal Veggies & Fruit</p> <p>PM Snack Breadsticks with Marinara</p>	<p>10</p> <p>AM Snack Whole Grain Cereal & Milk with Seasonal Fruit</p> <p>Lunch Cheeseburger with Seasonal Veggies & Fruit</p> <p>PM Snack Fresh Veggie Sticks with Ranch</p>	<p>11</p> <p>AM Snack Cottage Cheese & Peaches with Seasonal Fruit</p> <p>Lunch Chicken Parmesan with Seasonal Veggies & Fruit</p> <p>PM Snack Celery Sticks with Hummus Dip</p>	<p>12</p> <p>AM Snack Zucchini Bread & Seasonal Fruit</p> <p>Lunch Pineapple Sausage Fried Rice With Seasonal Veggies & Fruit</p> <p>PM Snack Baked Veggie Straws with Avocado Dip</p>
<p>15</p> <p>AM Snack Whole Grain Cereal & Milk with Seasonal Fruit</p> <p>Lunch Cuban Plantains & Black Beans with Seasonal Veggies & Fruit</p> <p>PM Snack Wheat Thins & Mozzarella String Cheese</p>	<p>16</p> <p>AM Snack Mini Bagels with Cream Cheese & Seasonal Fruit</p> <p>Lunch BBQ Chicken Drumsticks with Seasonal Veggies & Fruit</p> <p>PM Snack Chex Mix</p>	<p>17</p> <p>AM Snack Plain Yogurt with Mixed Berries and Seasonal Fruit</p> <p>Lunch Pasta with Light Butter & Chicken with Seasonal Veggies & Fruit</p> <p>PM Snack Shelled Edamame</p>	<p>18</p> <p>AM Snack Whole Grain Cereal & Milk with Seasonal Fruit</p> <p>Lunch Grilled Sweet & Sour Chicken with Seasonal Veggies & Fruit</p> <p>PM Snack Fresh Veggie Sticks with Ranch</p>	<p>19</p> <p>AM Snack Mini Muffin & Seasonal Fruit</p> <p>Lunch Grilled Cheese on Sourdough With Seasonal Veggies & Fruit</p> <p>PM Snack Egg Salad with Crackers</p>
<p>22</p> <p>AM Snack Whole Grain Cereal & Milk with Seasonal Fruit</p> <p>Lunch Pasta with Veggie Meatballs & Marinara with Seasonal Veggies & Fruit</p> <p>PM Snack Cheddar Goldfish Crackers</p>	<p>23</p> <p>AM Snack Waffles and Applesauce with Seasonal Fruit</p> <p>Lunch Cheese Enchiladas Seasonal Veggies & Fruit</p> <p>PM Snack Breadsticks with Marinara</p>	<p>24</p> <p>AM Snack Whole Grain Cereal & Milk with Seasonal Fruit</p> <p>Lunch Hamburger with Seasonal Veggies & Fruit</p> <p>PM Snack Fresh Veggie Sticks with Ranch</p>	<p>25</p> <p>AM Snack Nutri Grain Bar with Seasonal Fruit</p> <p>Lunch Chicken Nuggets with Seasonal Veggies & Fruit</p> <p>PM Snack Celery Sticks with Hummus Dip</p>	<p>26</p> <p>AM Snack Zucchini Bread & Seasonal Fruit</p> <p>Lunch Roasted Herb Chicken Drumsticks With Seasonal Veggies & Fruit</p> <p>PM Snack Baked Veggie Straws with Avocado Dip</p>
<p>29</p> <p>AM Snack Whole Grain Cereal & Milk with Seasonal Fruit</p> <p>Lunch Fiesta Rice Bowl with Seasonal Veggies & Fruit</p> <p>PM Snack Wheat Thins & Mozzarella String Cheese</p>	<p>30</p> <p>AM Snack Mini Bagels with Cream Cheese & Seasonal Fruit</p> <p>Lunch Chicken Tikka Masala Seasonal Veggies & Fruit</p> <p>PM Snack Chex Mix</p>	<p>31</p> <p>AM Snack Plain Yogurt with Mixed Berries and Seasonal Fruit</p> <p>Lunch Chicken & Veggie Pot Stickers with Seasonal Veggies & Fruit</p> <p>PM Snack Fresh Veggie Sticks with Ranch</p>	<p>Most Entrees Cooked from Scratch. Organic Produce Served when Possible, Conventional Produce Follows the "Shoppers Guide to Pesticides" Methodology to Reduce Potential Pesticide Exposures up to 92%</p> <p>We Feature Humanely Raised Meats Milk is Hormone & Antibiotic Free Snack Rotation Subject to Change</p>	<p>Breakfast Portion Grain/Bread: 1/2 slice, 1/2C, or .5 oz Fruit: 1/2C Milk: 3/4C or 1/2C <2 yr Lunch Portion Meat/Alt 1.5 oz, Grain/Bread 1/2 slice or 1/4C, Veg & Fruit (2 types) 1/2C total, Milk 3/4 cup or 1/2 cup <2 yr PM Snack Portion Veg or Fruit 1/2C, Meat/Alt 1 oz or 1/4C Grain /Bread: 1/2 slice or 1/3C or .5oz</p>