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<b>Veggie Fried Rice</b> 29 Egg and vegetable fried rice, broccoli, baked good  Vegetarian	<b>Lemon Chicken and Noodles</b> 30 Lemon herb chicken, spinach pesto noodles, green beans, fruit  Veg: Sweet potato fritters	Canada Day	<b>Soy Ginger Noodle Bowl</b> 2 Soy ginger noodles, chicken and edamame, carrot and cucumber crudités, fruit  Veg: Marinated tofu	<b>Picnic Lunch</b> 3 Chicken cheddar sandwich, crudités, fruit, baked good  Veg : Egg salad sandwich
<b>Cheesy Tomato Pasta</b> 6 Parmesan tomato ragu, fusilli, vegetable medley, baked good  Vegetarian	<b>Taco Time!</b> 7 Seasoned beef tacos in soft tortilla, rice & seasonal vegetables, fresh fruit  Vegetarian: Refried beans taco	<b>Turkey Burger BBQ</b> 8 Turkey burger on a whole wheat bun, slaw, fruit  Veg : Meatless burger	<b>Chicken Adobo</b> 9 Chicken adobo, rice, green beans, fruit  Veg: Tempeh adobo	<b>Strawberry Sunshine Sandwich</b> 10 Sunbutter and strawberry chia jam sandwich, crudités, fruit, baked good  Vegetarian
<b>Garden Picnic Plate</b> 13 Hard boiled eggs, potatoes, green beans, cucumbers and cherry tomatoes with herb vinaigrette, baked good  Vegetarian	<b>Italian Beef Bun</b> 14 Beef in marinara sauce on a whole wheat bun, mozzarella, crudités, fruit  Veg: Lentil marinara	<b>Sweet and Sour Meatballs</b> 15 Turkey sweet potato meatballs with sweet and sour sauce, garlic herb noodles, crudités, fruit  Veg: Cauliflower quinoa balls	<b>Teriyaki Chicken</b> 16 Chicken teriyaki, red peppers and broccoli, rice, fruit  Veg: Tofu teriyaki	<b>Chicken Pita</b> 17 Chicken shawarma, pita bread, garden salad, baked good  Veg: Falafel
<b>Veggie Fried Rice</b> 20 Egg and vegetable fried rice, broccoli, baked good  Vegetarian	<b>Lemon Chicken and Noodles</b> 21 Lemon herb chicken, spinach pesto noodles, green beans, fruit  Veg: Sweet potato fritters	<b>Turkey Sausage and Wedges</b> 22 Turkey sausage, roasted potato wedges, garden salad, fruit  Veg: Veggie sausages	<b>Soy Ginger Noodle Bowl</b> 23 Soy ginger noodles, chicken and edamame, carrot and cucumber crudités, fruit  Veg: Marinated tofu	<b>Picnic Lunch</b> 24 Chicken cheddar sandwich, crudités, fruit, baked good  Veg : Egg salad sandwich
<b>Cheesy Tomato Pasta</b> 27 Parmesan tomato ragu, fusilli, vegetable medley, baked good  Vegetarian	<b>Taco Time!</b> 28 Seasoned beef tacos in soft tortilla, rice & seasonal vegetables, fresh fruit  Vegetarian: Refried beans taco	<b>Turkey Burger BBQ</b> 29 Turkey burger on a whole wheat bun, slaw, fruit  Veg : Meatless burger	<b>Chicken Adobo</b> 30 Chicken adobo, rice, green beans, fruit  Veg: Tempeh adobo	<b>Strawberry Sunshine Sandwich</b> 31 Sunbutter and strawberry chia jam sandwich, crudités, fruit, baked good  Vegetarian