

Idea Lab
July--2019

Monday	Tuesday	Wednesday	Thursday	Friday
1-Jul Crispy Chicken Croissant Sandwich, Mashed Potatoes, Green Peas and Diced Carrots, Fresh Cut Fruit V-Crispy Boca Burger Sliders	2-Jul Parmesan and Ricotta Ravioli, Green Peas & Diced Carrots, Garlic Bread, Fresh Cut Fruit	3-Jul BBQ Beef Slider, Baked Beans, Fresh Corn on the Cob, Fresh Cut Fruit V-BBQ Boca Burger Slider	4-Jul SCHOOL CLOSED	5-Jul Cheese Pizza, Sliced Cucumber with House Made Ranch Dressing, Fresh Cut Fruit
8-Jul Farfalle Pasta with Alfredo Sauce, Baked Chicken Breast, Oven Roasted Carrots, Fresh Cut Fruit V-Grilled Tofu with Alfredo Sauce	9-Jul Turkey and Cheese Croissant, Caprice Pasta Salad with Fresh Basil, Tomato, Mozzarella Cheese & Olive Oil, Sliced Cucumbers, Fresh Cut Fruit V-Assorted Cheese Wrap	10-Jul Grass-fed Beef Meatballs, Garden Rotini Pasta, Marinara Sauce, Baked Yellow Squash, Fresh Cut Fruit V-Eggplant Parmesan	11-Jul Beef Tamales, Black Beans, Steamed Rice, Fresh Cut Fruit V-Vegetarian Tamales	12-Jul Chicken & Waffles, Roasted Red Potatoes, Steamed Broccoli, Ketchup, Fresh Cut Fruit V-Baked Cheese Sticks and Waffles
15-Jul Baked Chicken Breast with Mild Curry Sauce, Steamed Rice, Oven Roasted Carrots, Fresh Cut Fruit V-Grilled Tofu with Mild Curry Sauce	16-Jul Turkey Meat Sauce with Penne Pasta, Fresh Green Beans and Carrots, Fresh Cut Fruit V-Diced Vegetables & Black Beans with	17-Jul Shredded Chicken Enchilada Casserole, Spanish Rice, Broccoli, Fresh Cut Fruit V-Cheese Enchilada	18-Jul Grass-fed Beef Sloppy Joe Sliders with Jack Cheese, Sweet Potato Tots, Fresh Corn, Fresh Cut Fruit V-Boca Burger Sloppy Joe Sliders	19-Jul Classic Beef Lasagna with Grass-fed Beef, Ricotta Cheese, Mozzarella Cheese & Tomato Basil Pasta Sauce, Baked Yellow Squash, Garlic Bread, Fresh Cut Fruit V-Vegetarian Lasagna
22-Jul Chicken and Cheese Quesadillas, Brown Rice, Black Beans, Fresh Cut Fruit V-Grilled Tofu with Alfredo Sauce	23-Jul Sweet and Sour Chicken, Steamed Rice, Broccoli, Fresh Cut Fruit V-Sweet Sour Grilled Tofu	24-Jul Grass-fed Beef Chili with Black Beans & Cheddar Cheese, Fresh Baked Corn Bread, Oven Roasted Carrots, Fresh Cut Fruit V-TVP Chili with Black Beans	25-Jul Grilled Turkey and Cheese Sandwich, Roasted Red Potatoes, Steamed Broccoli, Fresh Cut Fruit V-Grilled Veggie and Cheese Sandwich	26-Jul Chicken Baked Ziti, Vegetable Medley, Garlic Bread, Fresh Cut Fruit V-Vegetable Baked Ziti
29-Jul Macaroni and Cheese, Oven Roasted Chicken Breast, Steamed Broccoli, Fresh Cut Fruit V-Mac & Cheese with Grilled Tofu	30-Jul Broccoli, Cauliflower & Cheese Casserole with Baked Chicken Breast, Plain Pasta, Fresh Baked Baguette, Fresh Cut Fruit V-Broccoli Casserole with Grilled Tofu	31-Jul Beef Steak Fingers Sliders, Mashed Potato, Steamed Broccoli, Fresh Cut Fruit V-Boca Burger Sliders	1-Aug	2-Aug