



St Stephen's Episcopal School Menu June--2022

Monday 30-May	Tuesday 31-May	Wednesday 1-Jun	Thursday 2-Jun	Friday 3-Jun
6-Jun	7-Jun	8-Jun	9-Jun	10-Jun
Grassfed Beef Meatballs, Garden Rotini Pasta, Marinara Sauce, Baked Yellow Squash, Fresh Cut Fruit V-Eggplant Parmesan	Turkey & Cheese Croissant, Caprice Pasta Salad with Fresh Basil, Tomato, Cucumber, Mozzarella Cheese & Olive Oil, Fresh Cut Fruit V-Assorted Cheese Wrap	Chicken Fried Rice with Carrots & Lima Beans, Steamed Broccoli, Fresh Baked Baguette, Fresh Cut Fruit V-Fried Rice with Grilled Tofu, Carrots & Lima Beans	Pasta Primavera with Turkey Sausage, Oven Roasted Zucchini, French Bread, Fresh Cut Fruit V-Pasta Primavera with Veggie Sausage	Chicken and Waffles, Roasted Red Potatoes, Steamed Broccoli, Ketchup, Fresh Cut Fruit V-Baked Cheese Sticks and Waffles
13-Jun	14-Jun	15-Jun	16-Jun	17-Jun
Macaroni and Cheese with Oven Roasted Chicken Breast, Steamed Broccoli, Fresh Cut Fruit V-Macaroni and Cheese with Grilled Tofu	Beef Tamales, Black Beans, Steamed Rice, Fresh Cut Fruit V-Vegetarian Tamales	Rosemary Chicken with Rice Pilaf, Roasted Red Potato & Carrots, Fresh Cut Fruit V-Rosemary Crispy Tofu with Rice Pilaf	Baked Ziti with Turkey Kielbasa, Vegetable Medley, Garlic Bread, Fresh Cut Fruit V-Vegetable Baked Ziti with Grilled Tofu	Cheese Pizza, Sliced Cucumber with House Made Ranch Dressing, Fresh Cut Fruit
20-Jun	21-Jun	22-Jun	23-Jun	24-Jun
BBQ Beef Slider, Baked Beans, Fresh Corn, Fresh Cut Fruit V-BBQ Boca Burger Slider	Turkey and Cheese Wrap, Sliced Cucumbers, Vanilla Yogurt, Fresh Cut Fruit V-Assorted Cheese Wrap	Chicken Nuggets, Waffle Fries, Steamed Broccoli, Ketchup, Fresh Cut Fruit V-Grilled Tofu Nuggets	Spaghetti with Turkey Meat Sauce, Fresh Green Beans & Carrots, Fresh Cut Fruit V-Spaghetti with TVP, Diced Vegetables & Marinara Sauce	Breakfast for Lunch: Turkey Sausage, Pancakes, Breakfast Potato, Steamed Broccoli, Fresh Cut Fruit V-Breakfast for Lunch: Veggie Sausage, Pancakes
27-Jun	28-Jun	29-Jun	30-Jun	1-Jul
Baked Chicken Breast with Alfredo Sauce, Farfalle Pasta, Oven Roasted Carrots, Fresh Cut Fruit V-Grilled Tofu with Alfredo Sauce	Turkey and Cheese Sub Sandwich with Mayo & Lettuce, Apple Sauce, Fresh Cut Fruit V-Assorted Cheese Sub Sandwich with Mayo & Lettuce	Parmesan & Ricotta Ravioli, Green Peas & Diced Carrots, Garlic Bread, Fresh Cut Fruit	Chicken Meatballs, Mashed Potatoes with Cheddar Cheese, Peas & Diced Carrots, Fresh Cut Fruit V-Grilled Tofu	

*Vegetarian Substitute