

PEEKSKILL NUTRITION HOT LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Mon	Tue	Wed 7/1	Thu 7/2	Fri 7/3	SAT 7/4
		BONELESS PORK CHOP	ROAST TURKEY		
		SWEET POTATOES	STUFFING	CLOSED	
		GREEN BEANS	MIXED VEGGIES	FOR	
		PUMPERNICKEL	CORNBREAD	JULY	
		FRESH FRUIT	PINEAPPLE CHUNKS	4TH	
Mon 7/6	Tue 7/7	Wed 7/8	Thu 7/9	FRI 7/10	SAT 7/11
SALISBURY STEAK	CHICKEN CHOW MEIN	EGGPLANT PARMIGIA	SALMON	ROAST TURKEY	QUICHE LORRAINE
ROASTED POTATOES	BROWN RICE	WHEAT PENNE	SALAD	MASHED POTATOES	QUINOA & KALE
ZUCCHINI	ORIENTAL VEGGIES	BROCCOLI	CARROTS	PEAS & ONIONS	STEWED TOMATOES
MULTIGRAIN	WHOLE WHEAT	ITALIAN	PUMPERNICKEL	SEEDLESS RYE	MULTIGRAIN
PINEAPPLE CHUNKS	FRUITED GELATIN	MANDARIN ORANGES	SUGAR COOKIES	FRUIT COCKTAIL	FRESH FRUIT
Mon 7/13	Tue 7/14	Wed 7/15	Thu 7/16	Fri 7/17	SAT 7/18
SOLE FLORENTINE	BAKED ZITI W/MEAT	BAKED CHICKEN	BREADED PORK CHOP	TURKEY A LA KING	BEEF CHILI
LENTIL PILAF	TOSSED SALAD W/PEA	COLESLAW	ROASTED POTATOES	BUTTERED NOODLES	BROWN RICE
STEWED TOMATOES	BROCCOLI	BAKED BEANS	GREEN BEANS	PEAS & CARROTS	MIXED VEGGIES
WHOLE WHEAT	SEEDLESS RYE	CORNBREAD	MULTIGRAIN	12 GRAIN	WHOLE WHEAT/JUICE
FRUIT	FRESH MELON	PUDDING	MANGO CHUNKS	CHOCOLATE CHIP COO	PINEAPPLE CHUNKS
Mon 7/20	Tue 7/21	Wed 7/22	Thu 7/23	Fri 7/24	SAT 7/25
KNOCKWURST	BBQ CHICKEN	QUICH LORRAINE	SWEDISH MEATBALLS	TILAPIA	ROASTED CHICKEN
TATER TOTS	SUCCOTASH	HARVARD BEETS	NOODLES	RED BEANS & RICE	GERMAN POTATO SALAD
GREEN BEANS	COLLARD GREENS	TOSSED SALD W/OLI	SPINACH	GREEB BEANS	TUSCAN VEGGIES
HOT DOG BUN	CORNBREAD	WHOLE WHEAT	DINNER ROLL	SEEDLESS RYE	MULTIGRAIN
SLICED PEACHES	FRUIT BLEND	FRESH FRUIT	POUND CAKE	MANGO CHUNKS	FRUIT COCKTAIL
Mon 7/27	Tue 7/28	Wed 7/29	Thu 7/30	Fri 7/31	SAT 8/1
TUNA SALAD	ROAST TURKEY	CHEESE & TOMATO	CHICKEN SALAD	EGG SALAD	ROAST TURKEY
BEET SALAD	CARROT RAISIN	POTATO SALAD	COUSCOUS SALAD	CUCUMBER SALAD	BROCCOLI SALAD
JUICE	JUICE	JUICE	JUICE	JUICE	JUICE
POTATO BREAD	BREAD	MULTIGRAIN	SEEDLESS RYE	PUMEPERNICKEL	KAISER ROLL
APRICOT HALVES	COOKIES	FRESH FRUIT	PINEAPPLE CHUNKS	FRESH FRUIT	FRESH FRUIT

ANY ALLERGIES TO FOOD PLEASE LET THE COOK KNOW
NUTRITION # (914) 734-4250 OR (914) 734-4251