



JUNE | 2017

Namaste Charter School Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Turkey Lasagna Fresh Broccoli Salad Soy butter & Honey Sandwich W/ String Cheese Vegetarian Veggie burger	2 Turkey Burger Corn on the Cob Soy Butter & Honey Sandwich & String Cheese Vegetarian Black Bean Burger
5 Chicken Fried Rice Steamed Broccoli Soy Butter & Honey Sandwich w/ String Cheese Vegetarian Veggie Fried Rice w/ Tofu	6 Tilapia with Pineapple Chutney Rice Pilaf Glazed Carrots Soy Butter Sandwich w/ String Cheese Vegetarian Stuffed Peppers	7 Beef Fajita Southwest Corn Salad Soy Butter and Honey Sand. W/ String Cheese Vegetarian Veggie Fajita	8 Cajun Free Range Chicken Breast Brown Rice Fresh Green Beans Soy Butter & Honey Sandwich W/ String Cheese Vegetarian Cajun Tofu	9 Hot Turkey Sandwich Jicama Soy Butter Sandwich w/ String Cheese Vegetarian Hot Veggie Wrap
12 Obama's Healthy Mac Fresh Spinach Salad Soy Butter & Honey Sandwich w/ String Cheese	13 Breakfast For Lunch Pancakes Turkey Sausage Roasted Sweet Potato Fries Soy Butter & Honey Sandwich & String Cheese Alternate Meal Penne Fantastica	14 Beef Meatballs in Marinara Sauce On a Sub Bun Corn on the Cob Soy Butter & Honey Sandwich w/ String Cheese Vegetarian Veggie Burger	15 Seasoned Tilapia Spaghetti w/ Marinara Sauce Fresh Green Beans Soy Butter & Honey Sandwich w/ String Cheese Vegetarian Spaghetti w/ Marinara Sauce and Tofu	16 Rainbow Cheese Pizza Glazed Carrots Soy Butter Sandwich w/ String Cheese
19 Tuna Salad Wheat Bun Jicama Soy Butter & Honey Sand. w/ String Cheese Vegetarian Veggie Burger	20 Teriyaki Chicken Brown Rice Broccoli Soy Butter & Honey Sandwich w/ String Cheese Teriyaki Tofu Free Teachers	21 Turkey Burger Fresh Green Beans Soy Butter Sandwich w/ String Cheese Vegetarian Hot Veggie Wrap	22 Turkey Taco Romaine Salad Guacamole Soy Butter and Honey Sandwich W/ String Cheese Vegetarian Stuffed Peppers	23 Black Bean Medley And Rice Julienne Chicken w/ Yogurt & Salsa & Cilantro Southwest Corn Salad Soy Butter & Honey Sandwich w/ String Cheese
26 Turkey Chili Wheat Roll Corn on the Cob Soy Butter & Honey Sandwich & String Cheese Vegetarian Vegetarian Chili with Tofu & Beans	27 Fish Sandwich Sweet Potato Fries Soy Butter & Honey Sandwich w/ String Cheese Veggie Burger	28 Rainbow Cheese Pizza Fresh Green Beans Soy Butter Sandwich w/ String Cheese	29	30

Salad Bar
Romaine Lettuce
Grape Tomatoes
Cucumbers
Baby Carrots

Beans
Tuna
Cheese
Eggs

Dressing
Italian
Ranch
French

Milk
1%
Skim