

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

MENU

			<p>BREAKFAST 1 Scrambled Eggs, Pancakes Cereal, Cheese</p> <p>LUNCH Salad, Grilled Fish with Orzo</p> <p>DINNER Pea Soup, Meat Kebab, Rice, Salad</p>	<p>BREAKFAST 2 French Toast, Sunny-Side-Up Eggs, Cheese, Cereal</p> <p>LUNCH Onion Soup, Pizza, Salad</p> <p>DINNER Grilled Chicken, Rice, Vegetables</p>	<p>BREAKFAST 3 Over-Easy Eggs, Toast, Cereal, Cheese, Vegetables</p> <p>LUNCH Hot Dog, Bun, Fries</p> <p>DINNER Chicken Soup with Kneidlach, Brisket, Mashed Potatoes, Green Beans, Dinner Roll</p>	<p>BREAKFAST 4 Scrambled Eggs, Muffins, Cereal, Vegetables</p> <p>LUNCH Turkey Wrap, Chips</p> <p>DINNER Rotisserie Chicken, Rice with Corn, Salad</p>
<p>BREAKFAST 5 Lox, Bagels, Vegetables, Cereal</p> <p>LUNCH Salad, Cheeseburger and Hotdogs</p> <p>DINNER Chicken Tenders, Fries, Salad</p>	<p>BREAKFAST 6 Pancakes, Sunny-Side-Up Eggs, Cereal</p> <p>LUNCH Salad, Moroccan Fish, Rice</p> <p>DINNER Asian Cabbage Salad, Orange Chicken, White Rice</p>	<p>BREAKFAST 7 Waffles, Eggs, Cereal, Bread</p> <p>LUNCH Soup, Salad, Pasta Alfredo</p> <p>DINNER Stuffed Peppers with Meat and Rice</p>	<p>BREAKFAST 8 Scrambled Eggs, Pancakes Cereal, Cheese</p> <p>LUNCH Asian Cabbage Salad, Fried Rice, Egg Rolls</p> <p>DINNER Salad, Pasta Bolognese</p>	<p>BREAKFAST 9 French Toast, Sunny-Side-Up Eggs, Cheese, Cereal</p> <p>LUNCH Salad, Macaroni & Cheese</p> <p>DINNER Soup, Roast Beef Sandwich, Fries</p>	<p>BREAKFAST 10 Over-Easy Eggs, Toast, Cereal, Cheese, Vegetables</p> <p>LUNCH Falafel, Pita, Salad</p> <p>DINNER Chicken Soup with Kneidlach, Brisket, Mashed Potatoes, Green Beans, Dinner Roll</p>	<p>BREAKFAST 11 Scrambled Eggs, Muffins, Cereal, Vegetables</p> <p>LUNCH Egg Salad Sandwich, Chips</p> <p>DINNER Salad, Meat Lasagna</p>
<p>BREAKFAST 12 Lox, Bagels, Vegetables, Cereal</p> <p>LUNCH Salad, Fish Fillet, Baked Potatoes</p> <p>DINNER Soup, Meatloaf, Rice</p>	<p>BREAKFAST 13 Pancakes, Sunny-Side-Up Eggs, Cereal</p> <p>LUNCH Soup, Salad, Cheeseburger</p> <p>DINNER Chicken Tostada Salad Bowl</p>	<p>BREAKFAST 14 Waffles, Eggs, Cereal, Bread</p> <p>LUNCH Vegetable Quesadilla, Rice, Beans</p> <p>DINNER Corn and Black Bean Salad, Meat Stew, Rice</p>	<p>BREAKFAST 15 Scrambled Eggs, Pancakes Cereal, Cheese</p> <p>LUNCH Soup, Salad, Avocado Toast with Egg</p> <p>DINNER Chicken Fajitas, Rice, Beans</p>	<p>BREAKFAST 16 French Toast, Sunny-Side-Up Eggs, Cheese, Cereal</p> <p>LUNCH Chicken Pozole, Tostada</p> <p>DINNER Soup, Salisbury Steak, Orzo</p>	<p>BREAKFAST 17 Over-Easy Eggs, Toast, Cereal, Cheese, Vegetables</p> <p>LUNCH Salad, Chef's Pasta</p> <p>DINNER Chicken Soup with Kneidlach, Brisket, Mashed Potatoes, Green Beans, Dinner Roll</p>	<p>BREAKFAST 18 Scrambled Eggs, Muffins, Cereal, Vegetables</p> <p>LUNCH Tuna Sandwich, Potato Chips</p> <p>DINNER Meatballs in Red Sauce, Persian Rice, Roasted Vegetables</p>
<p>BREAKFAST 19 Lox, Bagels, Vegetables, Cereal</p> <p>LUNCH Salad, Italian Calzone</p> <p>DINNER Curry Chicken, Yellow Rice, Green Beans</p>	<p>BREAKFAST 20 Pancakes, Sunny-Side-Up Eggs, Cereal</p> <p>LUNCH Salad, Cheese Lasagna</p> <p>DINNER Soup, Beef Burrito, Salad</p>	<p>BREAKFAST 21 Waffles, Eggs, Cereal, Bread</p> <p>LUNCH Lemon Garlic Fish Fillet, Baked Potato</p> <p>DINNER Salad, Chicken Mix, Mujadara</p>	<p>BREAKFAST 22 Scrambled Eggs, Pancakes Cereal, Cheese</p> <p>LUNCH Salad with Egg and Tuna</p> <p>DINNER Stir-Fry Beef, Lo Mein</p>	<p>BREAKFAST 23 French Toast, Sunny-Side-Up Eggs, Cheese, Cereal</p> <p>LUNCH Salad, Quiche</p> <p>DINNER Salad, Grilled Chicken, Fries</p>	<p>BREAKFAST 24 Over-Easy Eggs, Toast, Cereal, Cheese, Vegetables</p> <p>LUNCH Chili Dogs, Buns</p> <p>DINNER Chicken Soup with Kneidlach, Brisket, Mashed Potatoes, Green Beans, Dinner Roll</p>	<p>BREAKFAST 25 Scrambled Eggs, Muffins, Cereal, Vegetables</p> <p>LUNCH Salami Sandwich, Chips, Pickles</p> <p>DINNER Beef Moussaka, Rice</p>
<p>BREAKFAST 26 Lox, Bagels, Vegetables, Cereal</p> <p>LUNCH Salad, Pasta Marinara, Soup</p> <p>DINNER Salad, Turkey Meatballs, Orzo</p>	<p>BREAKFAST 27 Pancakes, Sunny-Side-Up Eggs, Cereal</p> <p>LUNCH Soup, Salad, Pizza</p> <p>DINNER Meat Roast, Rice, Roasted Vegetables</p>	<p>BREAKFAST 28 Waffles, Eggs, Cereal, Bread</p> <p>LUNCH Baked Salmon, Potato Wedges, Green Beans</p> <p>DINNER Salad, Herb-Roasted Chicken, Mashed Potatoes</p>	<p>BREAKFAST 29 Scrambled Eggs, Pancakes Cereal, Cheese</p> <p>LUNCH Cheese Enchiladas, Rice, Beans</p> <p>DINNER Salad, Sweet and Sour Meatballs, Egg Noodles</p>	<p>BREAKFAST 30 French Toast, Sunny-Side-Up Eggs, Cheese, Cereal</p> <p>LUNCH Salad, Fish Paella</p> <p>DINNER Soup, Lemon Garlic Chicken, Rice</p>	<p>BREAKFAST 31 Over-Easy Eggs, Toast, Cereal, Cheese, Vegetables</p> <p>LUNCH Hamburger, Bun, Fries</p> <p>DINNER Chicken Soup with Kneidlach, Brisket, Mashed Potatoes, Green Beans, Dinner Roll</p>	<p>JULY 2026</p>