

July

2024

Congregation Beth Israel

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Beef Hotdog Veggie straws Fruit *Veggie dog	2 Bean & Cheese Taco Spanish Rice GF DFV , fruit	3 Chicken Tenders Mac N Cheese V Broccoli GF DFV Fruit	4 Happy Fourth of July!!!	5 Pizza Day No Haute Lunch	6
7	8 Waffles Egg & Turkey Sausage GF DF Fruit *Veggie sausage	9 Veggie Pasta Salad Breadstick Fruit	10 Chicken Tenders Mashed Potatoes V Green Beans GF DFV Fruit	11 Sunbutter & Jam sandwich Veggies Fruit	12 Pizza Day No Haute Lunch	13
15	16 Turkey Corndog Veggies Fruit *Veggie Corn Dog	17 Protein Box HB Egg Cheese, Crackers, fruit *Veggie Box	18 Chicken Tenders Tater Tots GF DFV Fruit	19 Spaghetti & Meatball Green Beans GF DFV Fruit *Veggie ball	20 Pizza Day No Haute Lunch	21
22	23 Pancakes Chicken Sausage Fruit *Veggie Bacon	24 Cheese enchiladas GFV Rice GF DFV Beans GF DFV Fruit	25 Chicken Tenders Mac N Cheese V Zucchini & Squash Fruit	26 Turkey & Cheese Bento Veggie Straws fruit * Cheese sandwich	27 Pizza Day No Haute Lunch	28
29	30 Beef Empanada Black Bean Corn salad Fruit *Veggie Empanada	30 Protein Box HB Egg, Cheese, Crackers, fruit *Veggie Box	31 Chicken Tenders Mashed Potatoes GFV Broccoli GF DFV Fruit	**We offer items for any dietary restrictions		