



July



CENTRAL VALLEY PACE MENU



IT'S SUMMER TIME

MON

TUE

WED

THU

FRI

WEEK 1

6

GREEN CHICKEN POZOLE CABBAGE, RADISH, CARROTS MANGO WITH TAJIN

7

CHEESEBURGER ON A WHOLE GRAIN BUN WITH LETTUCE, ONION SALAD WITH LETTUCE, TOMATO, CUCUMBER, BELL PEPPER & MUSHROOM SLICES HONEYDEW

8

BAKED BBQ CHICKEN ROASTED AND SEASONED CAULIFLOWER BROWN RICE PILAF WATERMELON & MELON MIX

9

ROSEMARY & THYME PORK ROAST WHOLE GRAIN ROLL MASHED POTATOES CARROTS, ONIONS & CELERY MIXED MELON

10

COD STICKS WITH TARTER SAUCE & KETCHUP WHOLE GRAIN ROLL WITH BUTTER SPINACH SALAD WITH CARROTS, TOMATOS, ONIONS AND BALSAMIC DRESSING MIXED BERRIES



WEEK 2

13

VEGGIE EGG SCRAMBLE WITH TOMATO & TURKEY HAM SAUTEED SPINACH, MUSHROOMS, PEPPERS & ONIONS WHOLE GRAIN TORTILLA ORANGE SLICES

14

MEATLOAF WHOLE GRAIN ROLL SPINACH SALAD WITH BALSAMIC DRESSING PEACH CUP

15

PESTO & GREENS PASTA TURKEY SAUSAGE HOUSE SALAD MELON MIX

16

TUNA SANDWICH ON WHOLE GRAIN BREAD CARROT STICKS & BELL PEPPER SLICES APPLE SLICES WITH PEANUT BUTTER

17

ASIAN CHICKEN SALAD SHREDDED CABBAGE, CARROTS, BELL PEPPERS BROWN RICE MANDARINS

WEEK 3



20

SPAGHETTI & MEATBALLS STEAMED & SEASONED BROCCOLI HONEYDEW

21

FETA CHICKEN BROCCOLI HERBED BROWN RICESAUTEED SEASONED GREEN BEANS MANDARINS

22

CREAMY WHITE BEAN & SPINACH SOUP WHOLE GRAIN ROLL CA VEGGIE MIX APPLE SLICES PEANUT BUTTER

23

ORANGE CHICKEN HERBED BROWN RICE STEAMED & SEASONED CARROTS AND GREEN BEANS ORANGE SLICES

24

BREAKFAST BURRITO, EGG, CHEESE AND BEAN WHOLE GRAIN TORTILLA MILD GREEN SALSA NOPALE SALAD MIXED BERRIES

WEEK 4

27

BBQ PULLED PORK WHOLE GRAIN ROLL ROSTED & SEASONED RED POTATOES AND CARROTS WATERMELON

28

ITALIAN MEATBALL SOUP WHOLE GRAIN PASTA HOUSE SALAD WITH LETTUCE, TOMATO, CARROTS WHOLE GRAIN CRACKER MELON MIX

29

LO MEIN WITH GRILLED CHICKEN ZUCCHINI, BOK CHOY, BROCCOLI, BELL PEPPERS, CARROTS MANDARINS

28

EGG & TURKEY SAUSAGE WHOLE GRAIN FRENCH TOAST STICKS VEGETABLE MIX ORANGE SLICES FRUIT

29

MUSHROOM PARMESAN CHICKEN BROWN RICE ROASTED ZUCCHINI & CAULIFLOWER CANTALOUPE