



June 2026 Lunch Menu

Café Hours: M-F 6:30-AM – 3:00 PM

Serving Hot Breakfast 6:30AM to 10:00 AM / Serving Hot Lunch: 11:00 AM to 1:30 PM

Vegetarian options highlighted in Green Gluten Friendly options indicated with an Asterix

<p>1st Wing Bar! Boneless wings with Assorted sauces Assorted Vegetables* with Ranch or Blue Cheese Macaroni and Cheese Cauliflower "Wings" Spicy Thai Soup</p>	<p>2nd Beef and Broccoli Stir Fry Stir Fry Vegetables White Rice Vegetable Egg Rolls Tofu and Vegetable Stir Fry Vegetable Beef Soup</p>	<p>3rd Pork Street Tacos Mango Pineapple Salsa* Refried Beans with Jalapeno Peppers and Cheese Spanish Rice* Roasted Poblano Queso and Chips Pasta Faggioli Soup</p>	<p>4th Honey Lime Chicken* Chopped Quiona Salad with Peanut dressing* White Rice* Smokey Poblano Soup</p>	<p>5th Assorted Pizza Spinach and Feta, All Meat, Pepperoni, Chicken Bacon Ranch Boscoe Sticks with Marinara Garden Salad Chicken Tortilla Soup</p>
<p>8th Chunky Chicken Salad* on leaf lettuce or Croissant Roasted Red pepper hummus with fresh Cut Veggies* Rosemary Muffin Egg Sald* on leaf lettuce or Croissant French Onion Soup</p>	<p>9th Potato Bar* with Assorted Toppings Broccoli* Cheese* Bacon* Ham* Chili Chicken and Gnocchi Soup</p>	<p>10th Herb Grilled Pork Chops* Roasted Parmesan Cauliflower* Roasted Sweet Potatoes* Grilled Vegetable Bake California Medley Soup</p>	<p>11th BBQ Meatballs Cole Slaw* Green beans* Macaroni and Cheese Tomato Basil</p>	<p>12th Oven Baked Chicken Southern Style Green Beans* Mashed Potatoes* with Gravy Creamy Shells Florentine Italian Wedding Soup</p>
<p>15th Parmesan Garlic Crusted Salmon* Asparagus* Baby Baker* Macaroni and Cheese Sweet Pepper and Beef Soup</p>	<p>16th Chicken or Beef Taco* Salad Garden Salsa* Fiesta Black Beans* Spanish Rice* Roasted Poblano Queso* and Chips Chicken and Rice Soup</p>	<p>17th Italian Beef* Sandwich Super Salad* Mashed Potatoes Grilled Veggie Bake Potato Soup</p>	<p>18th Swedish Meatballs Buttered Egg Noodles Grilled Zucchini & Squash* Mushroom Stroganoff w/ Noodles Cream of Asparagus Soup</p>	<p>19th Shrimp or Chicken* Alfredo Spring Mix Salad* Steamed Broccoli* Fettuccini Noodles Garlic Toast Chicken and Gnocchi Soup</p>
<p>22nd Sloppy Joe* Roasted Vegetable Medley* Curly Fries Vegetarian Sloppy Joe* Broccoli Cheddar Soup</p>	<p>23rd Meatball Subs Fresh Fruit Salad* Assorted Chips Mushroom Stroganoff w/ Buttered Egg Noodles Split Pea Soup</p>	<p>24th Stuffed Chicken Breast* Roasted Broccoli* Twice Baked Cauliflower Roasted Potato Medley* Stuffed Shells Florentine Broccoli Cheddar Soup</p>	<p>25th Chicken and Green Bean Stir Fry* White Rice* Stir Fry Veggies Vegetable Egg Rolls Teriyaki Tofu Stir Fry* Tomato Basil Soup*</p>	<p>26th Fish or Chicken Tacos w/ Lime Slaw* Mexican Style Street Corn Fiesta Black Beans* Spanish Rice* Mushroom Brie Bisque</p>
<p>29th Smothered Pork Chop Skillet Cabbage* Mashed potatoes* w/ gravy Cheese Ravioli Cheeseburger Soup</p>	<p>30th Build a Sandwich Bar Apple and Kale Salad or Broccoli Salad* Fresh Fruit Medley* Clam Chowder</p>	<p>At least 4 out of 5 lunch meals we serve during the week follow the plate method, which encourages a balanced plate: half filled with non-starchy vegetables, one-quarter with lean protein, and one-quarter with healthy carbohydrate. The Apple a Day café only uses lean cooking techniques such as baking, broiling, boiling, grilling, roasting, and air frying to prepare our meals. Menu approved by RD. Milk available upon request.</p>		