

# LUNCH @ STOKES CAFE

## JUNE 2022

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		LEMON PEPPER CHICKEN LEMON PEPPER TOFU ROASTED ZUCCHINI BROWN RICE APPLES ROLLS MILK, 1% Lowfat MILK, Skim	CHICKEN FRIED RICE VEGETABLE FRIED RICE W/EGG ROASTED BROCCOLI ORANGES BROWN RICE MILK, 1% Lowfat MILK, Skim	SALISBURY STEAK SALISBURY TOFU CORN CUP BROWN RICE BANANAS MILK, 1% Lowfat MILK, Skim
6	7	8	9	10
BLACK BEAN BURGER SPRING MIX SALAD PLUMS MILK, 1% Lowfat MILK, Skim	CHICKEN QUESADILLA CHEESE QUESADILLA BLACK BEAN SALSA PEARS MILK, 1% Lowfat MILK, Skim	PERUVIAN CHICKEN PERUVIAN TOFU BROWN RICE ROASTED TOMATOES APPLES MILK, 1% Lowfat MILK, Skim	PASTA W/MEATSAUCE PASTA W/ RED SAUCE AND MOZZARE ROASTED CAULIFLOWER ORANGES MILK, 1% Lowfat MILK, Skim	ALL-BEEF BURGERS BLACK BEAN BURGER FRENCH FRIES BANANAS MILK, 1% Lowfat MILK, Skim
13	14	15	16	17
ALFREDO PASTA (V) ROASTED BROCCOLI PLUMS ROLLS MILK, 1% Lowfat MILK, Skim	BEEF, RICE & CHEESE BURRITO BEAN, RICE & CHEESE BURRITO BLACK BEAN SALSA PEARS MILK, 1% Lowfat MILK, Skim	ROASTED CHICKEN LEGS CURRIED TOFU PEAS BROWN RICE ROLLS APPLES MILK, 1% Lowfat MILK, Skim	TURKEY BREAST SANDWICH MOZZARELLA & TOMATO SANDWICH TOMATO BASIL SALAD ORANGES MILK, 1% Lowfat MILK, Skim	OVEN FRIED CHICKEN BAKED TOFU ROASTED CAULIFLOWER BROWN RICE BANANAS MILK, 1% Lowfat MILK, Skim
20	21	22	23	24
ALFREDO PASTA (V) ROASTED CARROTS PLUMS MILK, 1% Lowfat MILK, Skim	BEEF, RICE & CHEESE BURRITO BEAN, RICE & CHEESE BURRITO BLACK BEAN SALSA PICO DE GALLO PEARS MILK, 1% Lowfat MILK, Skim	CILANTRO LIME CHICKEN CILANTRO LIME BAKED TOFU ROASTED ZUCCHINI BROWN RICE APPLES MILK, 1% Lowfat MILK, Skim	CHICKEN SANDWICH BLACK BEAN BURGER FRENCH FRIES ORANGES MILK, 1% Lowfat MILK, Skim	TURKEY BREAST SANDWICH MOZZARELLA & TOMATO SANDWICH SPRING MIX SALAD BANANAS MILK, 1% Lowfat MILK, Skim

MENU SUBJECT TO CHANGE. LOCAL FOODS SERVED WEEKLY.