

Junior Sailing Lunch Menu 2019

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Intro Week Race Clinic	<u>July 1st</u> <u>PIZZA MONDAY</u> Plain Pizza Garlic Knots Mixed Greens Salad	<u>July 2nd</u> <u>TACO TUESDAY</u> Chicken Taco's (cheese on the side) Macaroni & Cheese	<u>July 3rd</u> <u>PASTA WEDNESDAY</u> Penne alla Vodka Chicken Cutlet Strips Mixed Greens Salad	<u>July 4th</u> <u>CLOSED</u>	<u>July 5th</u> <u>CLOSED</u>
WEEK 1	<u>July 8th</u> <u>PASTA MONDAY</u> Baked Ziti Chicken Cutlet Strips Caesar Salad	<u>July 9th</u> <u>TACO TUESDAY</u> Chicken Taco's (cheese on the side) Macaroni & Cheese	<u>July 10th</u> <u>PIZZA WEDNESDAY</u> Plain Pizza Garlic Knots Caesar Salad	<u>July 11th</u> <u>AMERICAN DAY</u> Chicken Fingers Fries/Grilled Cheese Pasta with Butter Mixed Greens Salad	<u>July 12th</u> <u>SANDWICH DAY</u> Mini Hamburger/ Cheeseburger or Veggie Sliders -- Tater Tots Mixed Greens Salad
WEEK 2	<u>July 15th</u> <u>PIZZA MONDAY</u> Plain Pizza Garlic Knots Caesar Salad	<u>July 16th</u> <u>TACO TUESDAY</u> Chicken Taco's (cheese on the side) Macaroni & Cheese	<u>July 17th</u> <u>PASTA WEDNESDAY</u> Penne Marinara Mini Meatballs Mixed Greens Salad	<u>July 18th</u> <u>AMERICAN DAY</u> Chicken Nuggets Fries/Grilled Cheese Mixed Greens Salad	<u>July 19th</u> <u>SANDWICH DAY</u> Chicken/Eggplant * OR Meatball Parm Rolls Mixed Greens Salad
WEEK 3	<u>July 22nd</u> <u>PIZZA MONDAY</u> Plain Pizza Garlic Knots Mixed Greens Salad	<u>July 23rd</u> <u>TACO TUESDAY</u> Chicken Taco's (cheese on the side) Macaroni & Cheese	<u>July 24th</u> <u>PASTA WEDNESDAY</u> Penne w/Butter Chicken Cutlet Strips Caesar Salad	<u>July 25th</u> <u>AMERICAN DAY</u> Popcorn Chicken Fries/Grilled Cheese Mixed Greens Salad	<u>July 26th</u> <u>SANDWICH DAY</u> Mini Hamburger/ Cheeseburger or Veggie* Sliders -- Tater Tots Mixed Greens Salad
WEEK 4	<u>July 29th</u> <u>PASTA MONDAY</u> Penne alla Vodka Chicken Cutlet Strips Mixed Greens Salad	<u>July 30th</u> <u>TACO TUESDAY</u> Chicken Taco's (cheese on the side) Macaroni & Cheese	<u>July 31st</u> <u>PIZZA WEDNESDAY**</u> Plain Pizza Garlic Knots Mixed Greens Salad	<u>August 1st</u> <u>AMERICAN DAY</u> Grilled Cheese Fries/Grilled Cheese Mixed Greens Salad	<u>August 2nd</u> <u>SANDWICH DAY</u> Chicken/Eggplant *OR Meatball Parm Rolls Mixed Greens Salad
WEEK 5	<u>August 5th</u> <u>PIZZA MONDAY</u> Plain Pizza Garlic Knots Mixed Greens Salad	<u>August 6th</u> <u>TACO TUESDAY</u> Chicken Taco's (cheese on the side) Macaroni & Cheese	<u>August 7th</u> <u>PASTA WEDNESDAY</u> Baked Ziti Chicken Cutlet Strips Caesar Salad	<u>August 8th</u> <u>AMERICAN DAY</u> Chicken Nuggets Fries/Grilled Cheese Mixed Greens Salad	<u>August 9th</u> <u>SANDWICH DAY</u> Mini Hamburger/ Cheeseburger or Veggie* Sliders -- Tater Tots Mixed Greens Salad
WEEK 6	<u>August 12th</u> <u>PIZZA MONDAY</u> Plain Pizza Garlic Knots Caesar Salad	<u>August 13th</u> <u>TACO TUESDAY</u> Chicken Taco's (cheese on the side) Macaroni & Cheese	<u>August 14th</u> <u>PASTA WEDNESDAY</u> Penne Marinara Mini Meatballs Mixed Greens Salad	<u>August 15th</u> <u>AMERICAN DAY</u> Popcorn Chicken Fries/Grilled Cheese * Mixed Greens Salad	<u>August 16th</u> <u>SANDWICH DAY</u> Chicken/Eggplant * OR Meatball Parm Rolls Mixed Greens Salad

*** Vegetarian options are available upon request at the beginning of each week.**