

Community Action of Napa Valley
Lunch Menu
July 2024

For Information (707) 253-6100 Ext. 111 www.canv.org



Menu subject to change without notice. Suggested Donation \$4.50

Monday	Tuesday	Wednesday	Thursday	Friday
1 <i>New!</i> Tandoori Chicken Meatballs Brown Rice Capri Vegetables** Applesauce* Milk	2 Herb Crusted Pork Loin Whipped Potatoes* Mixed Vegetable Blend** Whole Grain Dinner Roll Fresh Apple Milk	3 <i>Independence Day Meal</i> 🇺🇸 Sausage w/Onions and Peppers Tater Tots Spinach Salad** Whole Wheat Hot Dog Bun Fresh Orange* Carnival Cookie Milk	4 Closed for Holiday	5 Beef/Turkey Taco Meat Pinto Beans Broccoli and Cauliflower* Whole Wheat Tortilla Fresh Pear Chocolate Milk
8 Cheese Omelet w/Black Beans O'Brien Potatoes* Whole Wheat Bread Mixed Fruit Milk Grape Jelly	9 Chicken Fried Brown Rice Whole Kernel Corn <i>New!</i> Asian Green Beans Fresh Orange* Milk Fortune Cookie	10 <i>New!</i> Pizza Casserole (Whole Grain Pasta in entrée) Broccoli* Spinach Salad** Pineapple Tidbits Chocolate Milk Ranch Salad Dressing	11 <i>New!</i> Thai Chicken Satay Brown Rice Green Peas California Vegetable Blend*** Fresh Pear Milk	12 Cuban Pork & Swiss Sandwich Brussels Sprouts w/Potatoes* <i>New!</i> Plantains Whole Grain Hamburger Bun Milk Mustard
15 Meatloaf w/Brown Gravy Whipped Potatoes* Carrots** Wheat Dinner Roll Fresh Apple Milk	16 Turkey Stroganoff Whole Grain Penne Pasta Whole Kernel Corn Broccoli* Fresh Pear Milk	17 Chicken Fajitas Black Beans & Rice Mixed Green Salad** Whole Grain Tortilla Chips Fresh Orange* Milk Taco Sauce	18 Salisbury Steak Steakhouse Sauce Yams** Green Beans Whole Wheat Bread Applesauce* Chocolate Milk	19 BBQ Chicken Leg Quarter Whole Grain Macaroni & Cheese Collard Greens*** Fresh Apple Milk
22 Creamy Chicken Marsala (<i>New!</i> Creamy Marsala Sauce) Whole Grain Penne Pasta Broccoli* Fresh Pear Chocolate Chip Cookie Milk	23 Smothered Meatballs (w/ Beef & Pork) Garlic Whipped Potatoes* Mixed Vegetable Blend** Whole Grain Dinner Roll Hot Pineapple Tidbits Milk	24 Lemon Pepper Tuna Salad Spinach Salad** Whole Wheat Bread Slices (2) Tropical Fruit* Chocolate Milk Ranch Salad Dressing	25 Chicken a La King Brown Rice Whole Kernel Corn Cabbage w/Carrots*** Fresh Pear Milk	26 BBQ Pork Riblet Parslied Potatoes* Green Beans Whole Grain Hamburger Bun Fresh Apple Milk
29 Vegetarian Chile Relleno Fiesta Vegetable Blend*** Whole Grain Corn Tortilla Fresh Apple Chocolate Milk	30 Chicken Cacciatore Whole Grain Penne Pasta Green Peas Country Vegetable Blend Fresh Orange* Milk	31 Yogurt Dill Chicken Salad Carrot Raisin Salad** Whole Wheat Bread Slices (2) Tropical Fruit* Milk	Indicates Menu with ≥ 1,000 mg sodium * Indicates Vitamin C Source ** Indicates Vitamin A Source	