

JUNE LUNCH 2021

Abrazar is an equal opportunity provider and employer

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
6" Turkey Sub	Chicken Tacos	1 slice whole wheat	½ c Whole Grain rice	Cheeseburgers
2 oz Turkey Breast	4 – tortillas	garden pizza	2 oz chicken	1000 Island sauce
¾ oz lettuce	Chicken 1 oz ea	3/4c veggies	½ c broccoli	2 oz lean meat
¼ c tomato	Lettuce1/2 oz ea	2 oz cheese, 3.5 oz whole	¼ c carrots	¾ cup lettuce & Tomato
¼ c cucumber	Tomato ½ oz ea	wheat	8 oz NF milk	Whole grain bun
8 oz NF milk				8 oz NF milk
	8 oz NF milk	8 oz NF milk		
28	29	30		
6" Turkey Sub	Chicken Tacos	1 slice whole wheat		
6" Turkey Sub 2 oz Turkey Breast	Chicken Tacos 4 – tortillas	1 slice whole wheat garden pizza		
6" Turkey Sub 2 oz Turkey Breast ¾ oz lettuce	Chicken Tacos 4 – tortillas Chicken 1 oz ea	1 slice whole wheat garden pizza 3/4c veggies		
6" Turkey Sub 2 oz Turkey Breast ¾ oz lettuce ¼ c tomato	Chicken Tacos 4 – tortillas Chicken 1 oz ea Lettuce1/2 oz ea	1 slice whole wheat garden pizza 3/4c veggies 2 oz cheese, 3.5 oz whole		
6" Turkey Sub 2 oz Turkey Breast ¾ oz lettuce ¼ c tomato ¼ c cucumber	Chicken Tacos 4 – tortillas Chicken 1 oz ea	1 slice whole wheat garden pizza 3/4c veggies		
6" Turkey Sub 2 oz Turkey Breast ¾ oz lettuce ¼ c tomato	Chicken Tacos 4 – tortillas Chicken 1 oz ea Lettuce1/2 oz ea	1 slice whole wheat garden pizza 3/4c veggies 2 oz cheese, 3.5 oz whole		

We do not guarantee any food item to be free from particular ingredients or seasonings including but not limited to,

lactose, soy, wheat, gluten, fish, shellfish, nuts, fruits, vegetables, spices, synthetic and natural colors and chemical additives to which certain guests may be allergic.