



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 2 oz Turkey Breast ¾ oz lettuce ¼ c tomato ¼ c cucumber 8 oz NF milk	Chicken Tacos 4 – tortillas Chicken 1 oz ea Lettuce 1/2 oz ea Tomato ½ oz ea 8 oz NF milk	1 slice whole wheat garden pizza ¾c veggies 2 oz cheese, 3.5 oz whole wheat 8 oz NF milk	½ c Whole Grain rice 2 oz chicken ½ c broccoli ¼ c carrots 8 oz NF milk	Cheeseburgers 1000 Island sauce 2 oz lean meat ¾ cup lettuce & Tomato Whole grain bun 8 oz NF milk
28	29	30		
6" Turkey Sub 2 oz Turkey Breast ¾ oz lettuce ¼ c tomato ¼ c cucumber 8 oz NF milk	Chicken Tacos 4 – tortillas Chicken 1 oz ea Lettuce 1/2 oz ea Tomato ½ oz ea 8 oz NF milk	1 slice whole wheat garden pizza ¾c veggies 2 oz cheese, 3.5 oz whole wheat 8 oz NF milk		

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.