

Lunch Sample Menu for IDEA MATH Summer Program at California

(July 29 – August 9, 2019, by West Valley College Cafeteria)

Sample Daily Menu	• Spaghetti and meat balls • Vegetarian spaghetti • Teriyaki chicken with rice and vegetables, garden salad with garlic bread and drinks
	• Chicken fajitas (order includes: Mexican rice, pinto beans, salsa, sour cream and guacamole) • BBQ chicken, served with rice and vegetables
	• Mixed sandwiches with meat and veggie, with chips and fruit and drinks
	• Baked chicken, rice and vegetables • Chicken or cheese enchiladas served with rice and beans and drinks
	• Beef lasagna • Vegetable lasagna, green salad and garlic bread and drinks
	• Macaroni and cheese, (order includes: garden salad and garlic bread) and Baked chicken, served with rice and vegetables and drinks
	• Chicken or vegetarian promodoro pasta with garlic bread and green salad
	• 1/3 lb. Angus burgers, or vegetarian burgers, served with French fries , green salad and drinks
	• Pizza veggie, cheese and pepperoni, BBQ chicken pizza, served with green salad
	• Chicken tenders, fries and green salad
Drinks	• Water, lemonade and punch

