

Happy 4th of July!

OPICA LUNCH MENU - JULY 2026 -

DATE	Monday	Tuesday	Wednesday	Thursday	Friday
1-Jul					
6-Jul					
13-Jul	Pepper Steak, Green Beans, Mushrooms & Onion Stir Fry, Bok Choy, w/Dinner Roll Kiwi or Strawberries	Chicken Tinga, Roasted Corn, Brown Rice, Cantaloupe	White Fish, Carrots & Herbed lentils, Quinoa, Orange	Chile Verde Chicken Flauta, Yellow Squash, Cabbage slaw w/cilantro lime Spanish rice Banana	Beef w/Onions & Tomatoes, Steamed kale, Roasted Potatoes, WG Roll, Tangerine
20-Jul	Turkey Picadillo, Pinto Beans, Yellow Squash, WG Tortilla Orange	Blackened Creole Fish, Green Peas, Quinoa, Banana	Turkey Meatballs, Sauteed Spinach, WG Pasta, Kiwi or Strawberries	Mediterranean Lentils, Carrots, Broccoli, WG Pita Bread, Tangerine	Cantonese BBQ Chicken, Sauteed Water Chestnuts, Bok Choy or Collards WG Spaghetti, fruit
27-Jul	Roasted Glazed Chicken, Herbed Carrots, Cabbage Slaw, Brown Rice Banana	Beef Stir Fry, Broccoli, Vegetables, WG Spaghetti, Pineapple & Papaya	Baked Chicken, Red Beans, Baked Yam, WG Dinner Roll, Tangerine	Fish Almandine, Herbed Spinach, Corn, Quinoa, Kiwi or Strawberries	Harissa Chickpeas, Roasted Eggplant, Vegetables, WG Pita, Honeydew Melon

