



All Ages Lunch Menu July 2018

***12-23 Months Served with 4oz Whole Milk, 24-35 Months Served with 4oz 1% Milk, 36 Months – 5 years Served with 6oz 1% Milk, School Age Served 8oz 1% ***
(1-2 Year Old Substitutions listed in italics)

This institution is an equal opportunity provider.

Monday	Tuesday	Wednesday	Thursday	Friday
July 2 Soy Butter & Jelly on Whole Wheat Bread Cucumber Salad Fruit Milk	July 3 Breaded Chicken Snack Wrap WG Soft Tortilla Shell Lite Mayo. Lettuce Carrot Sticks w/ Ranch <i>(Cooked Carrots)</i> Fruit Milk (Falafels) V	July 4 <p style="text-align: center;">Closed</p>	July 5 Turkey Ham & Cheese on WG Sandwich Roll w/Mustard Celery Sticks w/ Ranch <i>(Peas)</i> Fruit Milk (Egg Salad Sandwich on WG Roll) V	July 6 Beef BBQ Ribs Pasta Salad California Veg Blend Fruit Milk (Baked Beans) V
July 9 Balsamic Chicken Cucumber Slices w/ Ranch Bread Stick Fruit Milk (Balsamic Tofu) V	July 10 Garden Salad with Diced Turkey Italian Dressing <i>(Italian Chicken Sausage w/ Peppers and Onions)</i> Roll Fruit Milk (Garbanzo Beans) V	July 11 Turkey Burger and American WG Roll Carrot Sticks w/ Ranch <i>(Cooked Carrots)</i> Fruit Ketchup Milk (Veggie Burger) V	July 12 Grilled Chicken Brown Rice Celery Sticks w/ Ranch <i>(Cooked Green Beans)</i> Fruit Milk (Falafels) V	July 13 Tuna Salad Wrap on WG Soft Tortilla Shell Fresh Broccoli w/ Ranch <i>(Cooked Broccoli)</i> Fruit Milk (Lentil Salad) V
July 16 Chicken Caesar Salad Romaine Lettuce w/ Caesar Dressing <i>(Cooked Spinach)</i> Dinner Roll Fruit Milk (Egg Salad) V	July 17 Meatballs in Marinara Sauce WG Hoagie Roll Shredded Mozzarella Cheese Cucumber Slices w/ Ranch Fruit Milk (Veggie Loaf in Sauce) V	July 18 BBQ Chicken Snack Wrap WG Soft Tortilla Shell and Lettuce Carrot Sticks w/ Ranch <i>(Cooked Carrots)</i> Fruit Milk (Chic Pea Salad) V	July 19 Beef Taco Salad Lettuce, Salsa, SC Tortilla Strips <i>(WG Soft Tortilla Shell)</i> Corn and Black Bean Salad Fruit Milk (Refried Bean) V	July 20 Scrambled Egg Patty Pancake Fruit Spread Breakfast Potatoes Fruit Milk
July 23 Turkey & American Cheese WG Sandwich Roll Celery Sticks w/ Ranch <i>(Cooked Peas)</i> Fruit Milk (Cheese Sandwich) V	July 24 Tuna Macaroni Salad Fresh Broccoli w/ Ranch <i>(Cooked Broccoli)</i> Fruit Milk (Hearty Pasta Salad with Garbanzo Beans) V	July 25 Beef Chili Brown Rice Side Salad w/ Italian <i>(Cooked Corn)</i> Fruit Milk (Bean Chili) V	July 26 Hamburger w/ American Cheese WG Sandwich Roll Cucumber Slices w/ Ranch Fruit Milk (Veggie Burger) V	July 27 Meat Sauce Bread Stick Green Beans Fruit Milk (Lentil Sauce) V
July 30 Mac & Cheese Whole Grain Pasta w/ Cheese Sauce California Veg Blend Fruit Milk	July 31 Bourbon Chicken Potato Salad Corn Bread Fruit Milk (Bourbon Tofu) V			

WG = Whole Grain

Fruit options vary when in season and will be rotated based on availability: Apples, Applesauce, Flavored Applesauce, Banana, Diced Pears, Diced Peaches, Pineapple, Oranges, Pears, Cantaloupe, Honeydew, Strawberries, Fruit Cocktail, Peaches, Mandarin Oranges, Mangos