

## Lunch Menu

July 2020

This institution is an equal opportunity provider.

Approved by Barbara Myers RD, LD/N

Serving Sizes are as follows:

3-5 Year Old – m/ma 1.5oz, Fruit ¼ c, vegetable ¼ c, grain 1oz, 6oz 1% Plain Milk

School Age – m/ma 2oz, fruit ½ c, vegetables ¾ c, grain 1oz, 8oz Plain or Chocolate 1% Milk



Monday	Tuesday	Wednesday	Thursday	Friday
<b>June 29</b> <b>SW Chicken Wrap</b> Mexi Coleslaw Fruit Milk <b>SW Black Bean Wrap</b>	<b>June 30</b> <b>Chef Salad w/ Hard Boiled Egg, Turkey</b> WG Dinner Roll Ranch Dressing Fruit Milk <b>Chef Salad w/ Cheese</b>	<b>July 1</b> <b>Tortellini Marinara</b> California Veg Blend Fruit Milk	<b>July 2</b> <b>BBQ Meatballs</b> Dill Cucumber Salad Fruit Milk <b>BBQ Veggie Meatballs</b>	<b>July 3</b> <b>Mac &amp; Cheese</b> Broccoli Fruit Milk
<b>July 6</b> <b>White Turkey Chili</b> Corn Bread Fruit Milk <b>Veggie Bean Chili</b>	<b>July 7</b> <b>Grilled Chicken</b> Rainbow Vegetable Orzo Salad Fruit Milk <b>Tofu</b>	<b>July 8</b> <b>Tuna Salad over lettuce</b> Whole Wheat Bread Fruit Milk <b>Veggie Burger</b>	<b>July 9</b> <b>Ham &amp; American Hoagie</b> WG Hoagie Roll Carrot Raisin Salad Fruit Milk <b>Falafel Wrap</b>	<b>July 10</b> <b>Flatbread Pizza Roll Up</b> Celery Sticks Fruit Milk
<b>July 13</b> <b>Breaded Chicken Salad</b> WG Bun Carrot Sticks Fruit Milk <b>Chic Pea Salad</b>	<b>July 14</b> <b>Shrimp &amp; Broccoli Alfredo</b> WG Pasta Green Beans Fruit Milk <b>Tofu and Broccoli Alfredo</b>	<b>July 15</b> <b>Hamburger w/ American Cheese</b> WG Sandwich Roll Potato Salad Fruit Milk <b>Veggie Burger</b>	<b>July 16</b> <b>Tortellini and Vegetable Salad</b> Fruit Milk	<b>July 17</b> <b>Turkey &amp; American Cheese Hoagie</b> WG Hoagie Roll Celery Sticks Fruit Milk <b>Cheese Sandwich</b>
<b>July 20</b> <b>SunButter &amp; Jelly Sandwich</b> Whole Wheat Bread Fresh Broccoli Fruit Milk	<b>July 21</b> <b>Meatball Parmesan</b> WG Garlic Toast Tomato/Cucumber Salad Fruit Milk <b>Veggie Meatball Parmesan</b>	<b>July 22</b> <b>Chicken Fingers</b> Potato Wedges Fruit Milk <b>Veggie Nuggets</b>	<b>July 23</b> <b>Ham Steak</b> Brown Rice Broccoli Fruit Milk <b>Veggie Burger</b>	<b>July 24</b> <b>Cowboy Pasta</b> Mexi-Zucchini Fruit Milk <b>Cheese Ziti</b>
<b>July 27</b> <b>Zesty Turkey &amp; Provolone Roll Up</b> WG Flatbread Sliced Peppers Fruit Milk <b>Zesty Falafel Wrap</b>	<b>July 28</b> <b>Sloppy Joe</b> WG Sandwich Roll Potato Wedges Fruit Milk <b>Baked Beans</b>	<b>July 29</b> <b>Turkey w/ Gravy</b> Stuffing Corn Fruit Milk <b>Lentil Loaf</b>	<b>July 30</b> <b>Greek Chicken Flatbread</b> Roasted Rainbow Veg Fruit Milk <b>Greek Tofu Flatbread</b>	<b>July 31</b> <b>Beef Ziti</b> Caesar Salad Fruit Milk <b>Cheese Ziti</b>

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