

Lunch Wheat & Soy Free 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 |
|---|---|---|--|---|
| June 29 Grilled Chicken Bowl Rice Mexi Corn Fruit Milk | June 30 Chef Salad w/ Hard Boiled Egg, Turkey Quinoa Fruit Milk | July 1 Rice w. Meat Sauce California Veg Blend Fruit Milk | July 2 100% Ground Beef Patty Rice Dill Cucumber Salad Fruit Milk | July 3 Turkey Ham Rice Broccoli Fruit Milk |
| July 6 White Turkey Chili Rice Fruit Milk | July 7 Grilled Chicken Rainbow Vegetable Orzo Salad Fruit Milk | July 8 Baked Tilapia over lettuce Rice Fruit Milk | July 9 Turkey Ham Rice Carrot Raisin Salad Fruit Milk | July 10 Rice w. Meat Sauce Celery Sticks Fruit Milk |
| July 13 Grilled Chicken Rice Carrot Sticks Fruit Milk | July 14 Rice w. Meat Sauce Green Beans Fruit Milk | July 15 100% Ground Beef Patty Rice Mixed Veg Fruit Milk | July 16 Chef Salad w/ Hard Boiled Egg, Turkey Quinoa Fruit Milk | July 17 Turkey Ham Rice Carrot Raisin Salad Fruit Milk |
| July 20 Roast Turkey Rice Corn Fruit Milk | July 21 Rice w. Meat Sauce Tomato/Cucumber Salad Fruit Milk | July 22 Grilled Chicken Rice Potato Wedges Fruit Milk | July 23 Ham Steak Brown Rice Broccoli Fruit Milk | July 24 White Turkey Chili Rice Mexi-Zucchini Fruit Milk |
| July 27 Turkey Sausage Rice Fresh Broccoli Fruit Milk | July 28 Sloppy Joe Quinoa Potato Wedges Fruit Milk | July 29 Roast Turkey Rice Corn Fruit Milk | July 30 Grilled Chicken Quinoa Roasted Rainbow Veg Fruit Milk | July 31 Rice w. Meat Sauce Green Beans Fruit Milk |

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