



Main Lunch Menu

July 2024

This institution is an equal opportunity provider.

Serving Sizes are as follows:

12months – 24 months Old – m/ma 1oz, Fruit 1/8 c, vegetable 1/8 c, grain ½ oz, 4oz Plain Whole Milk
(menu modifications in italics)

24months – 36 months Old - m/ma 1oz, Fruit 1/8 c, vegetable 1/8 c, grain ½ oz, 4oz Plain 1% Milk (menu modifications in italics)

3–5-Year-Old – m/ma 1.5oz, Fruit ¼ c, vegetable ¼ c, grain ½ oz, 6oz 1% Plain Milk

School Age – m/ma 2oz, fruit ¼ c, vegetables ½ c, grain 1oz, 8oz 1% Plain or Chocolate Milk

Monday	Tuesday	Wednesday	Thursday	Friday
July 1 Turkey Sausage String Cheese (3+ Only) WG French Toast Broccoli (Peeled and Diced Cucumbers) Fruit Milk WG Waffle and Veggie Sausage	July 2 Mac & Cheese w/ WG Pasta Mixed Vegetables Fruit Milk	July 3 Chicken, Cheddar Cheese, and Brown Rice Bake Peas Fruit Milk Tofu, Cheddar, Rice Bake	July 4 HAPPY 4th of JULY!!! CLOSED	July 5 Turkey & Cheese Sandwich on WW Bread Carrot Sticks (Chic Peas) Fruit Milk Cheese Sandwich
July 8 Hamburger Slider w/Cheddar Cheese WG Bun Tater Tots Ketchup Fruit Milk Veggie Burger	July 9 Grilled Chicken Caesar Salad W/ Romain Lettuce, Parmesan Cheese and Croutons WG Dinner Roll w/ butter Fruit Milk Tofu Caesar Salad	July 10 Swedish Meatballs WG Buttered Noodles Green Beans Fruit Milk Veggie Meatballs	July 11 Grilled Chicken w/Salsa Red Beans & Bown Rice Fruit Milk Veggie Nuggets	July 12 Cheese Sandwich on WW Bread Tomato and Cucumber Salad (Peeled and Diced Tomato Cucumber Salad) Fruit Milk
July 15 WG Chicken Fingers Tater Tots Ketchup Fruit Milk Veggie Nuggets	July 16 Turkey Burger WG Sandwich Roll Corn Fruit Milk Veggie Burger	July 17 Chef Salad w/ lettuce diced turkey, shredded cheddar cheese, diced tomatoes Ranch Dressing WG Dinner Roll w/ butter Fruit Milk Edamame Chef Salad w/ Ranch Dressing	July 18 WG Pasta w/Meat Sauce Broccoli (Mixed Vegetables) Fruit Milk Lentils w/Sauce	July 19 Turkey Ham & Cheese on WW Bread Carrot Sticks (Chic Peas) Fruit Milk Sunbutter & Grape Fruit Spread on WW Bread
July 22 Grilled Chicken Pot Pie w/Mixed Vegetables WG Biscuit Fruit Milk Lentil Pot Pie	July 23 Mac & Cheese w/ WG Pasta Mixed Vegetables Fruit Milk	July 24 WG Chicken Egg Roll String Cheese 3+ Green Beans (School Age) Fruit Milk Veggie Nuggets	July 25 Beef BBQ WG Bun Corn Fruit Milk Veggie Burger	July 26 Cheese Sandwich on WW Bread Tomato and Cucumber Salad (Peeled and Diced Tomato Cucumber Salad) Fruit Milk
July 29 Chicken Taco w/ WW Flour Tortilla Shredded Cheddar Cheese Corn & Black Bean Salad Fruit Milk Refried Bean Taco	July 30 Meatloaf w/Beef Gravy WG Dinner Roll Mashed Potatoes Fruit Milk Veggie Burger	July 31 Teriyaki Chicken Brown Rice Broccoli (Peas) Ranch Dressing Fruit Milk Teriyaki Tofu	August 1 BBQ Meatballs WG Buttered Noodles Corn Fruit Milk BBQ Veggie Meatballs	August 2 Pasta Salad w/ Diced Turkey, Cheddar Cheese and Peas Carrot Sticks (Cooked Carrots) Ranch Dressing Fruit Milk Pasta Salad w/ Edamame

****ALL GRAIN COMPONENTS ARE WHOLE GRAIN RICH****

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