

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

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