

Milk is served with lunch

Lunch Menu July 2022



Monday	Tuesday	Wednesday	Thursday	Friday
4 HAPPY 4th of JULY!	5 Chicken and Vegetable Pasta Salad Cheese Sticks Fruit	6 Ham and Cheese Wrap Vegetable Fruit	7 Chicken Tenders Rice Vegetable Fruit	8 Turkey Sandwiches Vegetable Fruit
11 Pizza Vegetable Fruit	12 Beef Tacos Lettuce, Tomatoes and Cheese Fruit	13 Turkey Wrap Vegetable Fruit	14 Hamburgers Coleslaw Fruit	15 Ham and Cheese Sandwiches Vegetable Fruit
18 Pizza Vegetable Fruit	19 Pepperoni Pasta Salad Vegetable Fruit	20 Beef Wrap Vegetable Fruit	21 Chicken Tenders Bread Potato Salad Fruit	22 Turkey and Cheese Sandwiches Vegetable Fruit
25 Pizza Vegetable Fruit	26 Chicken Tacos Lettuce, Tomatoes and Cheese Fruit	27 Italian Wrap Vegetable Fruit	28 Hamburgers Baked Fries Fruit	29 Roast Beef Sandwiches Vegetable Fruit

Breakfast consists of unflavored whole milk for children one year old, unflavored low-fat or fat-free milk for children older than two years old; a fruit; and one of the following whole grain cereals: Cherrios, Rice Chex, Corn Chex, Wheat Chex.

Afternoon snack consists of one grain, protein, or dairy product and one fruit or vegetable.

Note: non-dairy milk substitutes that are nutritionally equivalent to milk may be served in place of milk to children or adults with medical or special dietary needs. All hotdish and casserole dishes include rice or noodles. A protein like beans, veggie burgers, or tofu will be served in place of meat as needed for those who do not eat meat.