

Milk is served with lunch

Lunch Menu July 2024



Monday	Tuesday	Wednesday	Thursday	Friday
1 Pizza Cucumbers Melon	2 Pasta and Meatsauce Corn Pineapple	3 Chicken Pasta Salad Zucchini Berries	4 CLOSED FOR INDEPENDENCE DAY	5 Turkey Sandwiches Mixed Vegetables Mixed Fruit
8 Pizza Green Beans Strawberries	9 Beef Tacos Lettuce, Tomato and Cheese Oranges	10 Chicken Tenders Pesto Pasta Broccoli Bananas	11 Hamburgers Waffle Fries Corn Pears	12 Egg Salad Sandwiches Mixed Vegetables Mixed Fruit
15 Pizza Broccoli Pineapple	16 Fish Sticks French Fries Bread Mixed Berries	17 Chicken Drumsticks Pasta Cucumbers and Tomatoes Peaches	18 Mostaccioli Meatballs Green Beans Sliced Melon	19 Italian Hoagie Mixed Vegetables Mixed Berries
22 Pizza Cauliflower Plums	23 Chicken Tacos Lettuce, Tomato and Cheese Strawberries	24 Pasta and Meatsauce Corn Bananas	25 Turkey on a Bun Broccoli Sliced Melon	26 Macaroni and Cheese Green Beans Mixed Fruit
29 Pizza Carrot Sticks Pineapple	30 Canadian Bacon Buttered Pasta Cucumbers and Tomatoes Plums	31 Enchiladas Lettuce and Tomatoes Melon		

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.

Fresh Fruit - May vary depending on the time of year. This will consist of any of the following: Apples, Oranges, Pears, Nectarines, Bananas, Blueberries, Strawberries, Black or Red Berries and Melons.