



Lunch Menu

July 2019



Monday	Tuesday	Wednesday	Thursday	Friday
1 Bagel Day Whole Grain Bagel Strawberry Cream Cheese Sunbutter Spread Mozzarella String Cheese Fresh Celery Fresh Blueberries Fat-Free Chocolate Milk # of Leftovers <input type="text"/>	2 Flatbread Pizza Stackers Whole Wheat Flatbread Turkey Pepperoni Shredded Mozzarella Cheese Pizza Sauce Green Pepper Slices Applesauce Low-Fat Ranch 1% White Milk # of Leftovers <input type="text"/>	3 Soft Pretzel Day Soft Pretzel Sunflower Seeds Strawberry Yogurt Fresh Cauliflower Whole Apple Low-Fat Ranch Mustard 1% White Milk # of Leftovers <input type="text"/>	4 NO MEALS TODAY	5 Deli Turkey Sandwich Sliced Turkey Cheddar Cheese Whole Wheat Bread Grape Tomatoes Whole Peach Low-Fat Mayo Mustard Low-Fat Ranch 1% White Milk # of Leftovers <input type="text"/>
8 Hummus Dippers Whole Wheat Pita Chips Hummus Dip Sunflower Seeds Vegetable Sticks Apples Slices 1% White Milk # of Leftovers <input type="text"/>	9 Nacho Day Grilled Chicken Strips Shredded Cheddar Cheese Corn Tortilla Chips Red Salsa Strawberries Sour Cream Milk Taco/Hot Sauce 1% White Milk # of Leftovers <input type="text"/>	10 Turkey on Oat Bread Sliced Turkey Provolone Cheese Oat Bread Vegetable Sticks Cut Watermelon Low-Fat Mayo Low-Fat Ranch Fat-Free Chocolate Milk # of Leftovers <input type="text"/>	11 It's Brunch Time! Hardboiled Egg Low-Fat Strawberry Yogurt Low-Fat Blueberry Muffin Snap Peas Applesauce Low-Fat Ranch 1% White Milk # of Leftovers <input type="text"/>	12 Roast Beef Sub Sliced Roast Beef Cheddar Cheese Whole Wheat Sub Roll Carrots Sticks Cantaloupe Slices Low-Fat Ranch Mustard 1% White Milk # of Leftovers <input type="text"/>
15 Chopped Salad and Breadsticks Soft Breadstick Mozzarella String Cheese Chopped Lettuce Whole Grain Croutons Whole Plum Low-Fat Ranch Marinara Dipping Sauce 1% White Milk # of Leftovers <input type="text"/>	16 Southwest Wrap Grilled Chicken Strips Shredded Cheddar Cheese Whole Wheat Tortilla Red & Green Bell Peppers Honeydew Melon Hot Sauce-mild Fat-Free Chocolate Milk # of Leftovers <input type="text"/>	17 Ham and Cheese on a Roll Sliced Ham Muenster Cheese Pretzel Roll Broccoli Cantaloupe Slices Mustard Low-Fat Ranch Fat-Free Chocolate Milk # of Leftovers <input type="text"/>	18 Grilled BBQ Chicken Sandwich Grilled Chicken Tenders Whole Wheat Bun Broccoli Cut Watermelon BBQ Sauce Low-Fat Ranch Fat-Free Chocolate Milk # of Leftovers <input type="text"/>	19 Parfait Day Low-Fat Strawberry Yogurt Low-Fat Granola Pretzel Sticks Sunbutter Spread Mixed Berries Fresh Grapes Celery Sticks 1% White Milk # of Leftovers <input type="text"/>
22 Sunbutter Sandwich Sunbutter and Jelly on Whole Wheat Bread Mozzarella String Cheese Pretzel Sticks Celery Sticks Whole Apple 1% White Milk # of Leftovers <input type="text"/>	23 Walking Taco Day Grilled Chicken Strips Shredded Cheddar Cheese Nacho Cheese Doritos Pico de Gallo Honeydew Melon Hot Sauce Packet 1% White Milk # of Leftovers <input type="text"/>	24 Cracker Stacker Turkey Pepperoni Cheddar Cheese Whole Wheat Crackers Vegetable Sticks Whole Banana Bear Graham Crackers Low-Fat Ranch Fat-Free Chocolate Milk # of Leftovers <input type="text"/>	25 Mandarin Orange Salad Grilled Chicken Strips Whole Wheat Roll Shredded Lettuce with Carrots Wonton Crouton Strips Mandarin Oranges Plum Asian Sesame Dressing Butter 1% White Milk # of Leftovers <input type="text"/>	26 BBQ Chicken Nuggets Breaded Chicken Nuggets Sun Chips Broccoli Florets Watermelon BBQ Sauce Low-Fat Ranch Fat-Free Chocolate Milk # of Leftovers <input type="text"/>
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