

Lunch Menu
July/ August 2013

4 Week Cycle

Monday	Tuesday	Wednesday	Thursday	Friday
7/22 Mexican Pizza Fresh Carrots Mand. Oranges Skim Milk	7/23 Baked Chicken Cooked Spinach Pears WG Bread Slice Skim Milk	7/24 Grilled Cheese & Tomato Sandwich on WG Bread Baked Beans Cucumber Slices Skim Milk	7/25 Chicken Nuggets Spinach Salad Tropical Fruit Skim Milk	7/26 Beef, Bean & Cheese Burrito WG tortilla Corn Red & Green Pepper Slices Skim Milk
7/29 Mini Chicken Pizzas Tomato Slices Banana Skim Milk	7/30 Southwestern Salad w/ GB wheat crackers Red Grapes Skim Milk	7/31 Turkey Club Wraps WG w/ Spinach & Tomato Broccoli w/ ranch Cantaloupe Skim Milk	8/1 Tuna Pasta Salad Fresh Broccoli Tropical Fruit Salad Skim Milk	8/2 Chicken Salad on WG Matchstick Carrots Red Grapes Skim Milk
8/5 Bowtie Pasta w/ zucchini Sauce Mixed Fruit Skim Milk	8/6 Broccoli Quiche Tater Tots Pineapple Tidbits Skim Milk	8/7 Mini Cheeseburgers Fresh Asparagus w/ ranch dip Kiwi Skim Milk	8/8 Baked Spaghetti White Corn Tossed Salad Skim Milk	8/9 Tuna Salad on WG Bread Matchstick Carrots Green Grapes Skim Milk
8/12 Spanish Rice w/ ground beef Green Beans Pineapple Skim Milk	8/13 Turkey Pepperoni mini pizzas Tossed Salad Kiwi Skim Milk	8/14 Sloppy Joe w/ turkey Burger on WG Bun Celery Sticks Pears Skim Milk	8/15 Porcupine Sliders Carrots Watermelon Skim Milk	8/16 Navy Beans and Ham Soup Cornbread Tropical Fruit Salad Skim Milk