

Lunch Menu

July 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 oz chicken salad in WG pocket 1/4 cup sliced tomatoes 1/4 cup yogurt fresh fruit	1 oz turkey on a WG roll 1 oz string cheese 1/4 cup veggies & hummus 1/4 cup fresh fruit	CLOSED INDEPENDENCE DAY	1 oz grilled chicken wrap 1 oz string cheese 1/4 cup celery sticks & hummus 1/4 cup fresh fruit	1/4 cup red pepper strips & dip 1 WG bagel w/ cream cheese 1 boiled egg 1/4 cup fresh fruit
9 1 oz turkey roll up 1 oz cheese slice 1/4 cup snap peas or green beans fresh fruit	10 2 oz chicken salad in WG pocket 1/4 cup sliced tomatoes 1/4 cup yogurt fresh fruit		11 1 oz turkey on a WG roll 1 oz string cheese 1/4 cup veggies & hummus 1/4 cup fresh fruit	12 1 pizza strip 1 1/2 oz string cheese 1/4 cup carrots 1/4 cup fresh fruit
16 1 oz grilled chicken wrap 1 oz string cheese 1/4 cup celery sticks & hummus 1/4 cup fresh fruit	17 1 oz turkey roll up 1 oz cheese slice 1/4 cup snap peas or green beans fresh fruit	18 2 oz chicken salad in WG pocket 1/4 cup sliced tomatoes 1/4 cup yogurt fresh fruit	19 1 oz turkey on a WG roll 1 oz string cheese 1/4 cup veggies & hummus 1/4 cup fresh fruit	20 1/4 cup red pepper strips & dip 1 WG bagel w/ cream cheese 1 boiled egg 1/4 cup fresh fruit
23 1 pizza strip 1 1/2 oz string cheese 1/4 cup carrots 1/4 cup fresh fruit	24 1 oz grilled chicken wrap 1 oz string cheese 1/4 cup celery sticks & hummus 1/4 cup fresh fruit	25 1 oz turkey roll up 1 oz cheese slice 1/4 cup snap peas or green beans fresh fruit	26 2 oz chicken salad in WG pocket 1/4 cup sliced tomatoes 1/4 cup yogurt fresh fruit	27 1/4 cucumber sticks & dip 1 WG bagel w/ cream cheese 1 boiled egg 1/4 cup fresh fruit
30 1 oz turkey on a WG roll 1 oz string cheese 1/4 cup veggies & hummus 1/4 cup fresh fruit	31 1 pizza strip 1 1/2 oz string cheese 1/4 cup carrots 1/4 cup fresh fruit	There are no pork or nut/peanut products on our menu.		NOTE: All meals include bread or bread alternate, low-fat milk and condiments.

Available for afternoon snacks on a rotating basis:

graham crackers, wheat crackers, pretzels, animal crackers, fresh fruit, yogurt, raisins, cheese crackers, applesauce, string cheese, diced pears/peaches/pineapples, veggies & hummus