

School Lunch Menu-July 2-August 3, 2018

MONDAY 2	TUESDAY 3	WEDNESDAY 4	THURSDAY 5	FRIDAY 6
Cinnamon Roll French Toast Ham off the Bone Fresh Sliced Strawberries 2% Milk	Fresh packed burgers/Bun Lettuce/ Tomato/ Cheese Baked French Fries Red, White, and Blue Dessert 2% Milk	No School HAPPY 4 th !	No School HAPPY 4 th !	No School HAPPY 4 th !
MONDAY 9	TUESDAY 10	WEDNESDAY 11	THURSDAY 12	FRIDAY 13
Sloppy Joes Macaroni Salad Veggie* Fruit (C Rich) 2% Milk	Baked Mostacioli w/ meatsauce Warmed Garlic Brushed Rolls Veggie Fruit (C Rich) 2% Milk	Pylan Estates E.V.O.O. Chicken Breast Limone Spinach Feta Rice Bread/Roll Dessert 2% Milk	Grilled Chicken B.L.T. Sandwich on hamburger bun (tomato, on side) Baked Hand Cut Potato Chips Fruit Lo Cal Dessert 2% Milk	Cheese Quesadillas Refried Beans Veggie Fresh Salsa/Sour Cream* Fruit 2% Milk
MONDAY 16	TUESDAY 17	WEDNESDAY 18	THURSDAY 19	FRIDAY 20
Chicken Salad Sandwiches on Croissant Cream of Broccoli Soup w/ crackers Fruit Veggie 2% Milk	Ground Beef Tacos w/ tomatoes, cheese and fresh salsa Mexican Rice Veggie Sour Cream* 2% Milk	Pancakes Turkey Sausage Patties Fruit (A Rich) Syrup/Margarine 2% Milk	Pulled Pork Sliders Au Gratin Potatoes Veggie Dessert Fruit 2% Milk	Thin Crust Cheese Pizza Broccoli Salad Fruit (A Rich) Dessert 2% Milk
MONDAY 23	TUESDAY 24	WEDNESDAY 25	THURSDAY 26	FRIDAY 27
Mexican Burrito Bowl w/ Rice, black beans, chicken, cheddar cheese, tomato s/o sour cream and fresh salsa Veggie Fruit (C Rich) 2% Milk	Scrambled Eggs Pork Sausage Patties Hash Browns Wheat Toast Margarine/Jelly Fruit 2% Milk	Chicken Strips Mashed Sweet Potatoes Veggie Wheat Roll Fruit 2% Milk	Chicken Parmesan Penne Pasta W/ Olive Oil and Fresh Herbs Veggie Fruit Lo Cal Dessert 2% Milk	Baked Three Cheese Mac-n-Cheese Veggie Applesauce Dessert 2% Milk
MONDAY 30	TUESDAY 31	WEDNESDAY Aug. 1	THURSDAY 2	FRIDAY 3
Oven Fried Chicken Breast Mashed Potatoes s/o gravy* Veggie (A Rich) Wheat Roll Fruit (C Rich) 2% Milk	Thick Cut Challah Bread French Toast Margarine/Syrup Turkey Sausage Patties Fruit (C Rich) 2% Milk	Chicken Chili w/ Veggies Rice Fruit (C Rich) Lo Cal Dessert 2% Milk	Black Angus burger/Bun Lettuce/ Tomato/ Cheese Tater Tots Cupcakes 2% Milk	Whole Wheat Thin Crust Cheese Pizza Fresh Broccoli Parmesan Fruit Brownie 2% Milk

*Prepared low fat; (A Rich) - Vitamin A Rich Fruit-1/2 cup or Vegetable every other day; Vitamin C Rich every day

School Calorie-Controlled Lunch Menu-July 2-August 3, 2018

MONDAY 2	TUESDAY 3	WEDNESDAY 4	THURSDAY 5	FRIDAY 6
Cinnamon Roll French Toast-2 small Lite Syrup-1 TBSP Ham off the Bone-2 oz Fresh Sliced Strawberries-1/2 cup Skim Milk	Fresh packed burgers- 2 oz./Bun Lettuce/ Tomato/ Cheese Baked French Fries.- 1/2 c Fruit-1/2 cup Skim Milk	No School HAPPY 4 th !	No School HAPPY 4 th !	No School HAPPY 4 th !
MONDAY 9	TUESDAY 10	WEDNESDAY 11	THURSDAY 12	FRIDAY 13
Sloppy Joe-2oz. on Bun Macaroni Salad-1/4 cup Veggie-1/2 cup Fruit-1/2 cup Skim Milk	Mostacioli-1 cup Garlic Bread-1 small Veggie (A Rich) Fruit-1/2 cup Skim Milk	Pylian Estates E.V.O.O. Chicken Limone -2 oz. Spinach Feta Rice-1 c. Fruit-1/2 cup Bread/Roll-1 Diet Jelly-1 tsp Skim Milk	Grilled Chicken-2 oz on hamburger bun (lettuce, tomato) Baked Hand Cut Potato Chips-1/4 cup Fruit-1/2 cup Skim Milk	Cheese Quesadillas-1 Refried Beans*-1/4 cup Veggie-1/2 cup Fresh Salsa Sour Cream*-1 Tbsp Fruit-1/2 cup Skim Milk
MONDAY 16	TUESDAY 17	WEDNESDAY 18	THURSDAY 19	FRIDAY 20
Chicken Salad-1/2 cup Sandwiches on Wheat-2 slices Cream of Broccoli Soup-1/2 cup Veggie (A Rich)-1/2 c. Fruit-1/2 cup Skim Milk	Beef-2 oz Tacos-1 small shell w/ lettuce, tomatoes, cheese Salsa Mexican Rice-1/4 c. Veggie-1/2 c. Skim Milk	Pancakes-2 Diet Syrup-1 T. Turkey Sausage Patties-2 oz Fruit (A Rich)-1 /2 c. Hash Browns*-1/4 c. Skim Milk	Pork- 2 oz Bun-1 small AuGratin Potatoes- 1/4 cup Veggie-1/2 cup Fruit -1/2 cup Skim Milk	Thin Crust Cheese*Pizza-1 medium slice Broccoli Salad*-1/2 cup Fruit -1/2 cup Skim Milk
MONDAY 23	TUESDAY 24	WEDNESDAY 25	THURSDAY 26	FRIDAY 27
Mexican Burritos-1/ Salsa/Sour Cr*-1 T. Rice-1/4 cup Black Beans-1/4 cup Lettuce/Tomato-1 c. Fruit-1/2 cup (C Rich) Veggie (A Rich) Skim Milk	Scrambled Egg-1 Pork Sausage Patty-1 oz. Hash Browns*-1/4 cup Fruit -1/2 cup Wheat Toast-2/ Diet Jelly-2 tsp Skim Milk	Chicken Strips * -3 oz Mashed Sweet Potatoes-1/3 cup Veggie-1/2 cup Fruit -1/2 cup Wheat Roll-1/ Diet Jelly -1 tsp . Skim Milk	Chicken Parmesan -2 oz. Penne Pasta-1 cup Veggie-1/2 c.(A Rich) Fruit-1/2 c. Skim Milk	3 Cheese Mac-n-Cheese*- 1 ½ cup Veggie* (A Rich)-1/2 cup Fruit-1/2 cup Skim Milk
MONDAY 30	TUESDAY 31	WEDNESDAY Aug. 1	THURSDAY 2	FRIDAY 3
Chicken Breast-2 oz. Mash Potatoes-1/2 c. Veggie (A Rich)-1/2 c. Wheat Roll-1	Thick Cut Challah Bread French Toast-1 Lite Syrup-1 T. Turkey Sausage-2 oz. Fruit -1/2 cup Skim Milk	Chili -1 ½ cup Veggie-1/2 cup Rice-1/2 cup Fruit -1/2 cup Skim Milk	Black Angus burger- 2 oz/ Bun (small) Lettuce/ Tomato/ Tater Tots*-1/ 2 cup Fruit-1/2 cup Skim Milk	Whole Wheat Thin Crust Cheese Pizza-1 med. Broccoli*-1/2 cup Fruit-1/2 cup Bread Stick-1 small Skim Milk

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Diet Jelly-1 tsp Fruit-1/2 cup Skim Milk				
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 MVaughn, RD, LDN