

## School Lunch Menu-July 1-August 2, 2019

<b>MONDAY</b> 1	<b>TUESDAY</b> 2	<b>WEDNESDAY</b> 3	<b>THURSDAY</b> 4	<b>FRIDAY</b> 5
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 4th!	No School  HAPPY 4th!	No School  HAPPY 4th!
<b>MONDAY</b> 8	<b>TUESDAY</b> 9	<b>WEDNESDAY</b> 10	<b>THURSDAY</b> 11	<b>FRIDAY</b> 12
Sloppy Joes Macaroni Salad Veggie* Fruit (C Rich) 2% Milk	Baked Mostacioli w/ meatsauce Warmed Garlic Brushed Rolls Veggie Fruit (C Rich) 2% Milk	Pylian 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
<b>MONDAY</b> 15	<b>TUESDAY</b> 16	<b>WEDNESDAY</b> 17	<b>THURSDAY</b> 18	<b>FRIDAY</b> 19
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) Bread Stick Dessert 2% Milk
<b>MONDAY</b> 22	<b>TUESDAY</b> 23	<b>WEDNESDAY</b> 24	<b>THURSDAY</b> 25	<b>FRIDAY</b> 26
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
<b>MONDAY</b> 29	<b>TUESDAY</b> 30	<b>WEDNESDAY</b> 31	<b>THURSDAY</b> 1	<b>FRIDAY</b> 2
Grilled Chicken Breast w/ BBQ Sauce Cold Pasta Salad w/ veggies Fresh Sweet Corn Wheat Roll Fruit (C Rich) 2% Milk	Thick Cut Challah Bread French Toast Margarine/Syrup Turkey Sausage Patties Fruit (C Rich) 2% Milk	Hand Packed Ground Italian Sausage Sandwiches baked w/ mozzarella and tomato sauce, Farmstand Tomato, Cucumber, and Fresh Basil Salad w/ house dressing, 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

MVaughn, RD, LDN

## School Calorie-Controlled Lunch Menu-March 4-March 29,2019

<b>MONDAY</b> <b>1</b>	<b>TUESDAY</b> <b>2</b>	<b>WEDNESDAY</b> <b>3</b>	<b>THURSDAY</b> <b>4</b>	<b>FRIDAY</b> <b>5</b>
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 4th!	No School  HAPPY 4th!	No School  HAPPY 4th!
<b>MONDAY</b> <b>8</b>	<b>TUESDAY</b> <b>9</b>	<b>WEDNESDAY</b> <b>10</b>	<b>THURSDAY</b> <b>11</b>	<b>FRIDAY</b> <b>12</b>
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	Pylan 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*-1/4c. Veggie-1/2 cup Fresh Salsa Sour Cream*-1 Tbsp Fruit-1/2 cup Skim Milk
<b>MONDAY</b> <b>15</b>	<b>TUESDAY</b> <b>16</b>	<b>WEDNESDAY</b> <b>17</b>	<b>THURSDAY</b> <b>18</b>	<b>FRIDAY</b> <b>19</b>
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
<b>MONDAY</b> <b>22</b>	<b>TUESDAY</b> <b>23</b>	<b>WEDNESDAY</b> <b>24</b>	<b>THURSDAY</b> <b>25</b>	<b>FRIDAY</b> <b>26</b>
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 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 Parm -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

## School Calorie-Controlled Lunch Menu-March 4-March 29,2019

<b>MONDAY</b> <b>29</b>	<b>TUESDAY</b> <b>30</b>	<b>WEDNESDAY</b> <b>31</b>	<b>THURSDAY</b> <b>1</b>	<b>FRIDAY</b> <b>2</b>
BBQ Chicken -2 oz Pasta Salad W/ Veggies-1/2 cup Corn-1/3 cup Fruit-1/2 cup Skim Milk	Thick Cut Challah Bread French Toast-1 Lite Syrup-1 T. Turkey Sausage-2 oz. Fruit -1/2 cup Skim Milk	Italian Sausage-1 1/2 oz on 1 Roll baked w/ mozzarella-1/2 oz and tomato sauce Salad w/ dressing-1 T Fruit (C Rich)-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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*MVaughn, RD, LDN*