

July 2023 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3 PB&J Sandwiches (2 sl wg bread & 1.5o pb) pears (1/4 c) carrots (1/4 c) 1% milk (3/4 C)	4 School Closed Holiday	5 mac & cheese (1/2c pasta) Applesauce (1/4c) Broccoli (1/4c) 1% milk (3/4c)	6 beef stroganoff (1/2c meat sauce 1/2c pasta) pears (1/4c) corn (1/4c) 1% milk (3/4c)	7 chicken nuggets (4 pieces) Hapa rice (1/2 c) applesauce (1/4 c) broccoli (1/4 c) 1% milk (3/ 4 c)
10 ham sandwiches (2 slices wg bread 1 ½ oz ham) peaches (1/4c) carrots (1/4c) 1% milk (3/4c)	11 fish sticks (3 pieces) Hapa rice (1/2 c) peaches (1/4 c) green beans (1/4 c) 1% milk (3/ 4 c)	12 Salisbury steak & gravy (1.5oz) Hapa rice (1/2 c) corn (1/4 c) applesauce(1/4c) 1% milk (3/4c)	13 beef & bean chili (1/2 c) Hapa rice (1/2 c) peaches (1/4 c) corn (1/4 c) 1% milk (3/4 c)	14 sloppy joes (1/2 c meat sauce & bun) pears(1/4 c) green beans (1/4 c) 1% milk (3/4 c)
17 turkey sandwiches (2 slices wg bread 1 ½ oz turkey) applesauce (1/4c) cucumbers(1/4c) 1% milk (3/4c)	18 pork & beans (1/2c) Hapa rice (1/2 c) pears (1/4c) Green beans (1/4c) 1% milk (3/4c)	19 chicken nuggets (4 pieces) Hapa rice (1/2 c) applesauce (1/4 c) broccoli (1/4 c) 1% milk (3/ 4 c)	20 taco salad (1oz beef, ½ oz cheese, 1/4c lettuce & cabbage) Peaches (1/4c) slice of wheat bread 1% milk (3/4c)	21 Hamburger (1.5oz) on bun Pears (1/4c) Green beans (1/4c) 1% milk (3/4c)
24 ham sandwiches (2 slices wg bread 1 ½ oz ham) peaches (1/4c) cucumbers (1/4c) 1% milk (3/4c)	25 hamburger cream of mush (1/2 c) Hapa rice (1/2 c) pears (1/4 c) broccoli (1/4 c) 1% milk (3/4 C)	26 taco casserole (1.5oz) Hapa rice (1/2 c) Green beans (1/4 c) applesauce(1/4c) 1% milk (3/4c)	27 spaghetti (1/2 c pasta & 1/2c meat sauce) pears (1/4 c) corn (1/4 c) 1% milk (3/4 c)	28 Hot dog (1.5oz) on bun Peaches (1/4c) broccoli (1/4c) 1% milk (3/4c)

This menu is subject to change based upon the availability of products.
 Rice is hapa ½ white ½ brown
 Infant Toddler substitutions made

AM snack: ½ cup oranges, ¼ cup cheerios & crackers

PM snack: ½ cup 1% milk, ¼ cup cheerios & crackers