

# July 2019 Lunch Menu Sprouts, Super Stars & Lil Gardeners



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1	2	3	4	5
Crispy Chicken* House-Made BBQ Dip Rotini Pasta 3 Way Vegetable Blend Apple WG House-Made Dinner Roll* 1% Milk	Beef Tacos Shredded Lettuce Shredded Cheddar Cheese Carrots & Peas Banana WG Soft Flour Tortilla* 1% Milk	Macaroni & Cheese Broccoli Melon Mix WG House-Made Bread* 1% Milk		Little Caesar's Cheese Pizza Green beans Applesauce 1% Milk
8	9	10	11	12
Chicken Marinara Rotini Pasta QC Vegetable Blend Orange WG House-Made Dinner Roll* 1% Milk	Cheeseburger Casserole Fresh Broccoli House-Made Ranch Dip Banana WG House-Made Bread* 1% Milk	WG Pancakes* & Chicken Sausage Sliced American Cheese Herbed Potatoes Corn Hawaiian Fruit 1% Milk	Chicken Tacos Shredded Lettuce Shredded Cheddar Cheese Southwest Bean Salad Apple WG Soft Flour Tortilla* 1% Milk	Sloppy Joe Cucumber Slices House-Made Ranch Dip Melon mix WG House-Made Bun* 1% Milk
15	16	17	18	19
Chicken Tender Wrap* House-Made Honey Mustard Shredded Cheddar Cheese Herbed Potatoes 3 Way Vegetable Blend Apple WG Soft Flour Tortilla* 1% Milk	Beef Tacos Shredded Lettuce Shredded Cheddar Cheese Peas & Carrots Banana WG Soft Flour Tortilla* 1% Milk	Chicken Salad Sandwich Shredded Lettuce Green Beans Orange WG House-Made Bun* 1% Milk	Meatball Marinara Spaghetti Pasta Broccoli Melon Mix WG House-Made Bread* 1% Milk	Macaroni & Cheese Fresh Broccoli House-Made Ranch Dip Watermelon WG House-Made Bread* 1% Milk
22	23	24	25	26
BBQ Chicken Mashed Potatoes Carrot Coins Orange WG House-Made Dinner Roll* 1% Milk	Beef Nachos Shredded Cheddar Cheese Refried beans Sour Cream Spanish Brown Rice* Banana Corn Tortilla Chips 1% Milk	Baked Chicken Bites House-Made BBQ Dip Rotini Pasta Cucumber Slices House-Made Ranch Dip Cantaloupe WG House-Made Bread 1% Milk	Cheese Ravioli in Marinara Sauce* Corn Apple WG House-Made Bread* 1% Milk	Turkey Ham, Salami & Cheese on WG House- Made Italian Sub Bread* Celery Sticks Fresh Pear Individual Graham Crackers Mayo Water or Juice
29	30	31		
Crispy Chicken* House-Made BBQ Dip Rotini Pasta 3 Way Vegetable Blend Apple WG House-Made Dinner Roll* 1% Milk	Beef Tacos Shredded Lettuce Shredded Cheddar Cheese Carrots & Peas Banana WG Soft Flour Tortilla* 1% Milk	Macaroni & Cheese Broccoli Melon Mix WG House-Made Bread* 1% Milk		