

JULY | 2022

Elementary Lunch Menu



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Summer Break

Build a Meal

Chose 3-5 meal components to make a health, well-balanced meal:

- Protein-Whole Grain-Fruit- Vegetable- Milk
- One component must be a fruit or vegetable, may chose up to 2 of each

Daily Alternative Choices:

All alternative meals include choice of milk, fruit and/or vegetable

Mon/Wed/Fri:

- Lunch Kits (similar to lunchables):
 - Pizza
 - Turkey, Cheese and Crackers

Tues/Thurs:

- Peanut-Free Wowbutter and Jelly Sandwich^v
- Protein Power: yogurt, grain, string cheese^v

Meal Prices:

Breakfast: \$2.25
Lunch: \$3.40
Adult: \$4.75
Extra Milk: \$0.50

28 First Day of School!!
Hamburger/Cheeseburger
Carrots
Fresh Fruit
Choice of Milk

29 Chicken Sandwich
Tater Tots
Fresh Fruit
Choice of Milk