

July 1 - July 31

What's Cooking Today?



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Beef Tacos w/ Shredded Cheddar Cheese on W/G Flour Tortillas -2 Vegetarian Beans -1c Fresh Pear-1 Milk -8oz	2 W/G Chicken Fries -8 Sweet Potato Fries - 1 1/4c Fresh Banana -1 Whole Grain Bread -1 Milk -8oz	3 School closed
6 W/G Mini Cheese Quesadillas - 3 Plantains - 1c Fresh Orange - 1 Milk - 8oz	7 All Beef Hamburger on Wheat Hamburger Bun - 1 Sweet Potato Fries - 1 1/4c Fresh Apple-1 Milk - 8oz	8 Cheese Lasagna with Spaghetti Sauce -4oz Green Beans-1c. Whole Wheat Dinner Roll - 1 Fresh Pear-1 Milk -8oz	9 BREAKFAST FOR LUNCH French Toast Sticks-3 w/Syrup Turkey Sausage Patty -2 Black Bean & Corn Salad -1c Fresh Banana -1 Milk - 8oz	10 Whole Wheat 3x5 Cheese Pizza-2 Romaine Salad w/ Dressing-2c. Fresh Orange -1 Milk-8oz.
13 Sliced Turkey with Gravy-3 oz. Mashed Potatoes-1c. Fresh Pear - 1 Wheat Dinner Roll -1 Milk - 8oz	14 W/G Popcorn Chicken-3.8 oz. w/ Sweet & Sour Sauce Vegetarian Beans-1c Fresh Apple-1 Whole Grain Bread - 1 Milk - 8oz	15 Beef Meatballs Parmigiana on Wheat Sub -1 Diced Carrots-1 1/4c. Fresh Pear-1 Milk -8oz	16 Beef Nachos w/ Cheddar Cheese Sauce on W/G Tortilla Scoops -1 Sliced Cucumers w/Dip-1c Fresh Banana-1 Milk - 8oz	17 W/G Turkey & Beef Pepperoni Pizza Pocket -1 Romaine Salad w/ Dressing-2c. Fresh Orange -1 Milk-8oz.
20 W/G Chicken Fingers -3 Vegetarian Beans - 1c Whole Grain Bread -1 Fresh Pear - 1 Milk - 8oz	21 W/G Cheese Ravioli w/ Beef Meat Sauce -3oz Corn - 1c Whole Grain Bread - 1 Fresh Apple-1 Milk - 8oz	22 All Beef Italian Wheat Sub-1 (Beef Bologna, Beef Salami, & American Cheese Sub) Green Beans-1c. Fresh Pear-1 Milk - 8oz	23 Tri Color Tortellini w/ Alfredo Sauce -3oz Diced Carrots - 1 1/4c Wheat Dinner Roll-1 Fresh Banana-1 Milk - 8oz	24 Whole Wheat 3x5 Cheese Pizza-2 Romaine Salad w/ Dressing-2c. Fresh Orange -1 Milk-8oz.
27 W/G Breaded Chicken Patty on Wheat Bun -1 Vegetarian Beans - 1c Fresh Orange - 1 Milk - 8oz	28 Turkey & Cheese on Wheat Hamburger Bun - 1 Potato Salad Cup - 1c Fresh Apple-1 Milk - 8oz	29 W/G Toasted Cheese Sandwich -1 Sliced Cucumers w/Dip - 1c Fresh Pear-1 Milk-8oz	30 W/G Chicken Fries -8 Diced Carrots - 1 1/4c Fresh Banana -1 Wheat Dinner Roll-1 Milk - 8oz	31 W/G Turkey & Beef Pepperoni Pizza Pocket -1 Romaine Salad w/ Dressing-2c. Fresh Orange -1 Milk-8oz.