

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 -3/4c Fresh Pear-1 Milk -8oz	2 W/G Chicken Fries -8 Sweet Potato Fries - 1c Fresh Banana-1 Whole Grain Bread -1 Milk -8oz	3 School Closed
6 W/G Mini Cheese Quesadillas - 3 Plantains - 3/4c Strawberry Applesauce -1/2c Milk - 8oz	7 All Beef Hamburger on Wheat Hamburger Bun - 1 Sweet Potato Fries- 1c Fresh Apple-1 Milk - 8oz	8 Cheese Lasagna with Spaghetti Sauce-4 oz. Green Beans-3/4c. Whole Wheat Dinner Roll - 1 Fresh Pear-1 Milk -8oz	9 BREAKFAST FOR LUNCH French Toast Sticks-3 w/Syrup Turkey Sausage Patty-2oz Black Bean & Corn Salad - 3/4c Fresh Banana-1 Milk - 8oz	10 Whole Wheat 3x5 Cheese Pizza-2 Romaine Salad w/ Dressing-1.5c. Fresh Orange -1 Milk - 8oz
13 Sliced Turkey w/ Gravy-3 oz. Mashed Potatoes-3/4 c. Peach Applesauce-1/2c Wheat Dinner Roll -1 Milk - 8oz	14 W/G Popcorn Chicken-3.8 oz. w/ Sweet & Sour Sauce Vegetarian Beans-3/4c Fresh Apple-1 Whole Grain Bread - 1 Milk - 8oz	15 Beef Meatballs Parmigiana on Wheat Sub - 1 Diced Carrots -1c Fresh Pear-1 Milk -8oz	16 Beef Nachos w/ Cheddar Cheese Sauce on W/G Tortilla Scoops -1 Sliced Cucumbers w/Dip-3/4c Fresh Banana-1 Milk - 8oz	17 W/G Turkey & Beef Pepperoni Pizza Pocket-1 Romaine Salad w/ Dressing-1.5c. Fresh Orange -1 Milk - 8oz
20 W/G Chicken Fingers -3 Vegetarian Beans - 3/4c Whole Grain Bread -1 Applesauce Cup -1/2c Milk - 8oz	21 W/G Cheese Ravioli w/ Beef Meat Sauce -3oz Corn - 3/4c 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-3/4c. Fresh Pear-1 Milk-8oz	23 Tri Color Tortellini w/ Alfredo Sauce - 3oz Diced Carrots -1c Fresh Banana-1 Wheat Dinner Roll-1 Milk-8oz	24 Whole Wheat 3x5 Cheese Pizza-2 Romaine Salad w/ Dressing-1.5c. Fresh Orange -1 Milk - 8oz
27 W/G Breaded Chicken Patty on Wheat Bun -1 Vegetarian Beans - 3/4c Strawberry Applesauce-1/2c Milk - 8oz	28 Turkey & Cheese on Wheat Hamburger Bun - 1 Potato Salad Cup - 3/4c Fresh Apple-1 Milk - 8oz	29 W/G Toasted Cheese Sandwich -1 Sliced Cucumbers w/Dip -3/4c Fresh Pear-1 Milk- 8oz	30 W/G Chicken Fries -8 Diced Carrots -1c Fresh Banana-1 Wheat Dinner Roll-1 Milk -8oz	31 W/G Turkey & Beef Pepperoni Pizza Pocket-1 Romaine Salad w/ Dressing-1.5c. Fresh Orange -1 Milk - 8oz