



Lunch Menu

July 2018



Monday	Tuesday	Wednesday	Thursday	Friday
2 Grilled Chicken Salad Grilled Chicken Strips Romaine Lettuce White Cheddar Cheese Croutons Whole Wheat Roll Grapes Low-Fat Italian Dressing Fat-Free Chocolate Milk # of Leftovers <input type="text"/>	3 Roast Beef Sub Roast Beef Cheddar Cheese Whole Wheat Sub Roll Carrots Cantaloupe Mustard Low-Fat Ranch 1% White Milk # of Leftovers <input type="text"/>	4  NO MEALS TODAY	5 Flatbread Pizza Stacker Turkey Pepperoni Shredded Mozzarella Cheese Whole Wheat Flatbread Pizza Sauce Green Pepper Slices Applesauce Low-Fat Ranch 1% White Milk # of Leftovers <input type="text"/>	6 Nacho Day Refried Bean Dip Cheddar Cheese Corn Tortilla Chips Red Salsa Strawberries Sour Cream Hot Sauce 1% White Milk # of Leftovers <input type="text"/>
9 Bagel Day Whole Grain Bagel Strawberry Cream Cheese Sunbutter Spread Mozzarella String Cheese Celery Blueberries Fat-Free Chocolate Milk # of Leftovers <input type="text"/>	10 Turkey on Oat Bread Sliced Turkey Provolone Cheese Oat Bread Vegetable Sticks Watermelon Low-Fat Mayo Low-Fat Ranch Fat-Free Chocolate Milk # of Leftovers <input type="text"/>	11 Southwest Wrap Grilled Chicken Strips Shredded Cheddar Cheese Whole Wheat Tortilla Red & Green Peppers Honeydew Melon Chipotle Ranch Tajin Fruit Season Packet Hot Sauce-mild 1% White Milk # of Leftovers <input type="text"/>	12 Chopped Salad and Breadsticks Soft Breadstick Mozzarella String Cheese Shredded Cheddar Cheese Salad Greens Carrots w/ Shredded Carrots Whole Grain Crouton Pizza Tomato Dipping Sauce Plum Low-Fat Ranch 1% White Milk # of Leftovers <input type="text"/>	13 Ham and Cheese on a Roll Sliced Ham Muenster Cheese Pretzel Roll Carrots Cantaloupe Mustard Low-Fat Ranch Fat-Free Chocolate Milk # of Leftovers <input type="text"/>
16 Parfait Day Low-Fat Strawberry Yogurt Low-Fat Granola Pretzels Blueberries Grapes Sunbutter 1% White Milk # of Leftovers <input type="text"/>	17 Grilled BBQ Chicken Sandwich Grilled Chicken Breast Whole Wheat Bun Broccoli Watermelon BBQ Sauce Low-Fat Ranch Tajin Fruit Seasoning Packet Fat-Free Chocolate Milk # of Leftovers <input type="text"/>	18 It's Brunch Time! Hardboiled Egg Low-Fat Strawberry Yogurt Low-Fat Blueberry Muffin Snap Peas Broccoli Applesauce Low-Fat Ranch 1% White Milk # of Leftovers <input type="text"/>	19 Sunbutter Sandwich Sunbutter Spread Grape/Strawberry Jelly Whole Wheat Bread Mozzarella String Cheese Celery Apple Pretzels 1% White Milk # of Leftovers <input type="text"/>	20 Deli Turkey Sandwich Sliced Turkey Cheddar Cheese Whole Wheat Tortilla Grape Tomatoes Peach Low-Fat Mayo Low-Fat Ranch 1% White Milk # of Leftovers <input type="text"/>
23 Cracker Stacker Turkey Pepperoni Cheddar Cheese Whole Wheat Crackers Vegetable Sticks Banana Bear Graham Crackers Low-Fat Ranch Fat-Free Chocolate Milk # of Leftovers <input type="text"/>	24 Soft Pretzel Day Soft Pretzel Sunflower Seeds Strawberry Yogurt Cauliflower Apple Low-Fat Ranch Mustard 1% White Milk # of Leftovers <input type="text"/>	25 Grilled Chicken Salad Grilled Chicken Strips Romaine Lettuce White Cheddar Cheese Croutons Cantaloupe Whole Wheat Roll Grapes Low-Fat Italian Dressing Fat-Free Chocolate Milk # of Leftovers <input type="text"/>	26 Roast Beef Sub Roast Beef Cheddar Cheese Whole Wheat Sub Roll Carrots Cantaloupe Mustard Low-Fat Ranch 1% White Milk # of Leftovers <input type="text"/>	27 BBQ Chicken Nuggets Breaded Chicken Nuggets Sun Chips Broccoli Florets Watermelon BBQ Sauce Low-Fat Ranch Fat-Free Chocolate Milk # of Leftovers <input type="text"/>
30 Flatbread Pizza Stacker Turkey Pepperoni Shredded Mozzarella Cheese Whole Wheat Flatbread Pizza Sauce Green Pepper Slices Applesauce Low-Fat Ranch 1% White Milk # of Leftovers <input type="text"/>	31 Nacho Day Refried Bean Dip Cheddar Cheese Corn Tortilla Chips Red Salsa Strawberries Sour Cream Hot Sauce 1% White Milk # of Leftovers <input type="text"/>			

* Use the boxes to help you keep track of your leftovers. Contact Joy Prospal at (630)443-6910 x177 to adjust your delivery amounts so that you are able to use up all of your leftovers. *