



Lunch Menu

August 2019



Monday	Tuesday	Wednesday	Thursday	Friday
			<p>1 Deli Turkey Sandwich</p> <p>Sliced Turkey Cheddar Cheese Whole Wheat Bread Grape Tomatoes Whole Peach Low-Fat Mayo Mustard Low-Fat Ranch 1% White Milk</p> <p># of Leftovers <input type="text"/></p>	<p>2 Grilled Chicken Salad</p> <p>Grilled Chicken Strips Romaine Lettuce Cheddar Cheese Cubes Whole Wheat Roll Whole Grain Croutons Grapes Low-Fat Italian Dressing Fat-Free Chocolate Milk</p> <p># of Leftovers <input type="text"/></p>
<p>5 Hummus Dippers</p> <p>Whole Wheat Pita Chips Hummus Dip Sunflower Seeds Vegetable Sticks Apples Slices 1% White Milk</p> <p># of Leftovers <input type="text"/></p>	<p>6 Nacho Day</p> <p>Grilled Chicken Strips Shredded Cheddar Cheese Corn Tortilla Chips Red Salsa Strawberries Sour Cream Mild Taco/Hot Sauce 1% White Milk</p> <p># of Leftovers <input type="text"/></p>	<p>7 Turkey on Oat Bread</p> <p>Sliced Turkey Provolone Cheese Oat Bread Vegetable Sticks Cut Watermelon Low-Fat Mayo Low-Fat Ranch Fat-Free Chocolate Milk</p> <p># of Leftovers <input type="text"/></p>	<p>8 It's Brunch Time!</p> <p>Hardboiled Egg Low-Fat Strawberry Yogurt Low-Fat Blueberry Muffin Snap Peas Applesauce Low-Fat Ranch 1% White Milk</p> <p># of Leftovers <input type="text"/></p>	<p>9 Roast Beef Sub</p> <p>Sliced Roast Beef Cheddar Cheese Whole Wheat Sub Roll Carrots Sticks Cantaloupe Slices Low-Fat Ranch Mustard 1% White Milk</p> <p># of Leftovers <input type="text"/></p>
<p>12 Ham and Cheese on a Roll</p> <p>Sliced Ham Muenster Cheese Pretzel Roll Broccoli Cantaloupe Slices Mustard Low-Fat Ranch Fat-Free Chocolate Milk</p> <p># of Leftovers <input type="text"/></p>	<p>13 Southwest Wrap</p> <p>Grilled Chicken Strips Shredded Cheddar Cheese Whole Wheat Tortilla Red & Green Bell Peppers Honeydew Melon Hot Sauce-mild Fat-Free Chocolate Milk</p> <p># of Leftovers <input type="text"/></p>	<p>14 Chopped Salad and Breadsticks</p> <p>Soft Breadstick Mozzarella String Cheese Chopped Lettuce Whole Grain Croutons Whole Plum Low-Fat Ranch Marinara Dipping Sauce 1% White Milk</p> <p># of Leftovers <input type="text"/></p>	<p>15 Grilled BBQ Chicken Sandwich</p> <p>Grilled Chicken Tenders Whole Wheat Bun Broccoli Cut Watermelon BBQ Sauce Low-Fat Ranch Fat-Free Chocolate Milk</p> <p># of Leftovers <input type="text"/></p>	<p>16 Parfait Day</p> <p>Low-Fat Strawberry Yogurt Low-Fat Granola Pretzel Sticks Sunbutter Spread Mixed Berries Fresh Grapes Celery Sticks 1% White Milk</p> <p># of Leftovers <input type="text"/></p>

