

## SECONDARY SUMMER LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
				<b>BREAKFAST</b> String Cheese/ Cinnamon Grahams <b>LUNCH</b> Tomato Curry w/Grilled Chicken Italian "Sausage" Calzoni (VG) Broccoli <b>1</b>
<b>BREAKFAST</b> Cheerios Cereal/ Mini Dipperdoodle Bar (DF) <b>LUNCH</b> Chicken Sausage Eggel Sandwich Cheese Enchiladas (VG) Baby Carrots <b>4</b>	<b>BREAKFAST</b> Plain Bagel/ Cream Cheese <b>LUNCH</b> Uncle Ted's BBQ Drumstick Rainbow Veggie Pizza (VG) Black Beans & Broccoli <b>5</b>	<b>BREAKFAST</b> Mini Dipperdoodle Bar/ String Cheese <b>LUNCH</b> Flame Broiled Cheeseburger Bean Cheese Pupusa (VG) Lettuce Tomatoes w/Ranch <b>6</b>	<b>BREAKFAST</b> Lemon Muffin <b>LUNCH</b> Buffalo Crunchadilla Scoops w/Black Bean & Green Chili Dip (VG) Cucumber <b>7</b>	<b>BREAKFAST</b> Yogurt/ Educational Snacks <b>LUNCH</b> Beefy Bean Cheese Burrito Cheese Ravioli (VG) Chili Citrus Corn <b>8</b>
<b>BREAKFAST</b> MultiGrain Cheerios Cereal/ Zac Attack Strawberry Bar (DF) <b>LUNCH</b> Hot Dog (DF) Cheese Tamale (VG) Baby Carrots <b>11</b>	<b>BREAKFAST</b> Breakfast Cinnamon Crumble <b>LUNCH</b> Chili Citrus Drumstick w/Rice (DF) Pancakes Omelet (VG) Broccoli <b>12</b>	<b>BREAKFAST</b> Blueberry Bagel/ Cream Cheese <b>LUNCH</b> Chicken Pasta Alfredo Panada Pie (VG) Celery Sticks w/Ranch <b>13</b>	<b>BREAKFAST</b> Cinnamon Chex/ Zac Attack Strawberry Bar (DF) <b>LUNCH</b> Spaghetti Meatballs (DF) Cheese Lasagna (VG) Corn <b>14</b>	<b>BREAKFAST</b> Mini Dipperdoodle Bar/ String Cheese <b>LUNCH</b> Chicken Potstickers w/Rice (DF) Cheese Pizza (VG) Edamame <b>15</b>
<b>BREAKFAST</b> Yogurt/ Granola <b>LUNCH</b> Oven Roasted Chicken Sandwich (DF) Bean Cheese Pupusa (VG) Baby Carrots <b>18</b>	<b>BREAKFAST</b> Blueberry Muffin <b>LUNCH</b> Scoops w/Chicken & Green Chili Cheese Dip Italian "Sausage" Calzoni (VG) Chili Citrus Corn <b>19</b>	<b>BREAKFAST</b> Cinnamon Chex Cereal/ Zac Attack Strawberry Bar (DF) <b>LUNCH</b> Jerk Drumstick w/Pineapple Carrot Rice (DF) Cheese Ravioli (VG) Black Beans <b>20</b>	<b>BREAKFAST</b> Plain Bagel/ Cream Cheese <b>LUNCH</b> Pepper Jack Cheeseburger Cheese Pizza (VG) Lettuce w/Ranch <b>21</b>	<b>BREAKFAST</b> Cheerios Cereal/ Mini Dipperdoodle Bar (DF) <b>LUNCH</b> Spicy Chicken and Cheese Eggel Sandwich Pasta Alfredo (VG) Cucumber <b>22</b>
<b>BREAKFAST</b> Zac Omega Blackberry Bar (DF) <b>LUNCH</b> Pancakes w/Sausage Cheese Lasagna (VG) Corn <b>25</b>	<b>BREAKFAST</b> Blueberry Bagel/ Cream Cheese (DF) <b>LUNCH</b> Tomato Curry w/Grilled Chicken Baked Mac Cheese & BBQ Beans (VG) Broccoli <b>26</b>	<b>BREAKFAST</b> Yogurt/ Honey Grahams <b>LUNCH</b> Hot Dog (DF) Cheese Pizza (VG) Celery Sticks w/Ranch <b>27</b>	<b>BREAKFAST</b> French Toast Muffin <b>LUNCH</b> Chicken Pasta Alfredo Cheese Enchiladas (VG) Baby Carrots <b>28</b>	<b>BREAKFAST</b> Mini Dipperdoodle Bar/ String Cheese <b>LUNCH</b> Chicken Tamale (DF) Rainbow Veggie Pizza (VG) Pinto Beans <b>29</b>

### Did you know?

Edamame, or immature soybeans, contain all nine essential amino acids, making them a complete plant protein. Edamame also has other key nutrients: fiber, calcium, and iron!

