

SECONDARY SUMMER LUNCH

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

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!

