

July

SUMMER COLD LUNCH



Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Caesar Wrap Baby Carrots 2	Veggie Chef's Salad (VG) Black Beans 3	Holiday 4	Mighty Meaty Deli Combo Lettuce w/ Ranch 5	Sesame Chicken Wrap (DF) Chili Citrus Corn 6
Garden Ranch Salad w/ Chicken Baby Carrots 9	Honey Mustard Chicken Wrap Broccoli 10	Southwest Veggie Wrap (VG) Celery Sticks w/ Ranch 11	Mighty Meaty Deli Combo Corn 12	Turkey & Cheddar Sandwich Edamame 13
Buffalo Chicken Wrap Baby Carrots 16	Chicken Caesar Wrap Chili Citrus Corn 17	Veggie Taco Salad (VG) Black Beans 18	Chicken Salad Sandwich (DF) Lettuce w/ Ranch 19	Sesame Chicken Wrap (DF) Cucumbers 20
Turkey & Cheddar Sandwich Corn 23	Southwest Veggie Wrap (VG) Broccoli 24	Honey Mustard Chicken Wrap Celery Sticks w/ Ranch 25	Garden Ranch Salad w/ Chicken Baby Carrots 26	Chicken Salad Sandwich (DF) Pinto Beans 27
Chicken Caesar Wrap Baby Carrots 30	Veggie Chef's Salad (VG) Black Beans 31			

Quiz Time!

Q: Which has more Vitamin C – a red bell pepper or an orange?



A: Contrary to popular belief, a pepper actually has more Vitamin C (152 mg) than an orange (70mg)!

Lunch: choice of 1% or fat-free milk; fresh fruit available daily.

Dairy-free (DF) and vegetarian (V) options available daily – if not listed on the menu, available upon request.

- o Vegetable of the day

This institution is an equal opportunity provider.

