

July

SUMMER ES LUNCH



| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|---|--|
| <p>BREAKFAST Cheerios/ Mini Dipperdoodle Bar (DF)</p> <p>LUNCH Chicken Sausage & Cheese Eggel Sandwich Cheese Enchiladas (VG) Baby Carrots 2</p> | <p>BREAKFAST Whole Wheat Bagel / Cream Cheese</p> <p>LUNCH Uncle Ted's BBQ Chicken Drumstick w/ Cheesy Rice Rainbow Veggie Pizza (VG) Black Beans 3</p> | <p>Holiday</p> | <p>BREAKFAST Zac Omega Blackberry Bar (DF)</p> <p>LUNCH Flame Broiled Beef Cheeseburger Bean & Cheese Pupusa (VG) Lettuce w/ Ranch 4</p> | <p>BREAKFAST Yogurt / Educational Snacks</p> <p>LUNCH Beefy Bean & Cheese Burrito Cheesy Ravioli (VG) Chili Citrus Corn 5</p> |
| <p>BREAKFAST MultiGrain Cheerios/ Zac Attack Strawberry Bar (DF)</p> <p>LUNCH Revolution Hot Dog (DF) Mama's Tamale Mild Green Chile & Cheese (VG) Baby Carrots 9</p> | <p>BREAKFAST Breakfast Cinnamon Crumble</p> <p>LUNCH Chili Citrus Drumstick w/Rice (DF) Pancakes Omelet (VG) Broccoli 10</p> | <p>BREAKFAST Blueberry Bagel/ Cream Cheese</p> <p>LUNCH Chicken Pasta Alfredo Panada Pie (VG) Celery Sticks w/Ranch 11</p> | <p>BREAKFAST Cinnamon Chex/ Zac Attack Strawberry Bar (DF)</p> <p>LUNCH Spaghetti Meatballs (DF) Cheese Lasagna (VG) Corn 12</p> | <p>BREAKFAST Mini Dipperdoodle Bar/ String Cheese</p> <p>LUNCH Chicken Potstickers w/ Rice Cheese Pizza (VG) Edamame 13</p> |
| <p>BREAKFAST Yogurt /Granola</p> <p>LUNCH Oven Roasted Chicken Sandwich (DF) Bean Cheese Pupusa (VG) Baby Carrots 16</p> | <p>BREAKFAST Blueberry Muffin</p> <p>LUNCH Scoops w/ Chicken & Green Chile Cheese Dip Italian "Sausage" Calzoni (VG) Chili Citrus Corn 17</p> | <p>BREAKFAST Cinnamon Chex/ Zac Attack Strawberry Bar (DF)</p> <p>LUNCH Jerk Drumstick w/Pineapple Carrot Rice (DF) Cheese Ravioli (VG) Black Beans 18</p> | <p>BREAKFAST Whole Wheat Bagel / Cream Cheese</p> <p>LUNCH Pepper Jack Cheeseburger Cheese Pizza (VG) Lettuce w/Ranch 19</p> | <p>BREAKFAST Cheerios/ Mini Dipperdoodle Bar (DF)</p> <p>LUNCH Spicy Chicken Chorizo & Cheese Eggel Sandwich Pasta Alfredo (VG) Cucumber 20</p> |
| <p>BREAKFAST Zac Omega Blackberry Bar (DF)</p> <p>LUNCH Pancakes w/Sausage Cheese Lasagna (VG) Chicken Taco Trio Corn 23</p> | <p>BREAKFAST Blueberry Bagel / Cream Cheese</p> <p>LUNCH Tomato Curry w/ Grilled Chicken Baked Mac Cheese & BBQ Beans (VG) Broccoli 24</p> | <p>BREAKFAST Yogurt / Honey Grahams</p> <p>LUNCH Revolution Hot Dog (DF) Cheese Pizza (VG) Celery Sticks w/ Ranch 25</p> | <p>BREAKFAST French Toast Muffin</p> <p>LUNCH Pasta Chicken Alfredo Cheese Enchiladas (VG) Baby Carrots 26</p> | <p>BREAKFAST Mini Dipperdoodle Bar/ String Cheese</p> <p>LUNCH Mama's Tamale Red Chile Chicken (DF) Rainbow Veggie Pizza (VG) Pinto Beans 27</p> |
| <p>BREAKFAST Cheerios / Mini Dipperdoole Bar (DF)</p> <p>LUNCH Chicken Sausage & Cheese Eggel Sandwich Cheese Enchiladas (VG) Baby Carrots 30</p> | <p>BREAKFAST Whole Wheat Bagel/ Cream Cheese</p> <p>LUNCH Uncle Ted's BBQ Chicken Drumstick w/ Cheesy Rice Rainbow Veggie Pizza (VG) Black Beans 31</p> | | | |

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.