

2013 SUMMER LUNCH CYCLE MONTH OF JUNE

MONDAY, JUNE 24	TUESDAY, JUNE 25	WEDNESDAY, JUNE 26	THURSDAY, JUNE 27	FRIDAY, JUNE 28
Turkey & Cheese – 1 oz. ea. Mayonnaise -1 pkt. Goldfish crackers -1 pkg. Fresh Fruit -1 pc.=1/2c Seeded Bun – 1 each Juice – ½ cup 1% Milk – 8 oz.	Ham, Bologna 1 oz. ea.& Cheese, ½ oz. Mayonnaise - 1 pkt. Sliced Cucumber – ¼ cup Potato Chips – 1 pkg. Applesauce – ½ cup Grinder Roll – 1 each 1% milk – 8 oz.	Southwest Chicken Wrap: Chicken Fingers – 3 each Shredded Lettuce – ½ cup Grape Tomatoes – ½ cup Taco Sauce– 1 pkt. Flour Tortilla Wrap – 1 Juice – ½ cup Oatmeal Cookie – 1 each 1% Milk – 8 oz.	Uncrustable Peanut Butter & Jelly Sandwich – (1 oz. protein/1 ¼ grain) 1 each Mozzarella Stick – 1 oz. Saltines – 1 pkg. Fresh Fruit -1 pc.=1/2c.. Juice – ½ cup 1% Milk – 8 oz.	Breaded Chicken Filet– 2 oz. Leaf Lettuce – ½ cup Mayonnaise/Mustard – 1 pkt. ea. Roll – 1 each Assorted Juice – ½ cup Fresh Fruit -1 pc.=1/2c. 1% Milk – 8 oz.

Please Note: Juices will include Orange, Apple, Pineapple, Grape and 100% Fruit Juice. All Juices are 100% and may be interchangeable, but not of the same fruit. Breads/Rolls will include grinder rolls, multi-grain rolls, wheat bread, star cut rills, seeded bun, wheat roll. All Milk is 1% and white and chocolate will be alternated. All Mini Muffins are 2.25 oz. and all Bagels are 2 oz. All protein based salads will have at least 2 oz of protein plus mixings.
 Chicken Fingers 3 each =CN label 2oz. meat./meat alternative, 1.3 servings of bread.
 Breaded Chicken Filet 1 each=CN label 2oz meat/meat alternative, 1 serving of bread

2013 SUMMER LUNCH CYCLE MONTH OF JULY

<p>Monday, July 1 Tunafish/ or Chicken Salad on a Bun – 2 oz. tuna/chicken, 1 bun Celery Sticks w/ Dip– ½ cup/1 pc. Animal Crackers – 1 pkg. Fresh Fruit – 1 pc.=1/2c. 1% Milk – 8 oz.</p>	<p>Tuesday, July 2 Chicken Ranch Wrap: Chicken Fingers – 3 each Shredded Lettuce – ½ cup Ranch cup – 1 Flour Tortilla Wrap – 1 Fresh Fruit – 1 pc.=1/2c. Oatmeal Cookie – 1 each 1% Milk – 8 oz.</p>	<p>Wednesday, July 3 Cold Cut Grinder – 1 each 2 oz. Meat ½ oz. Cheese 1 each Grinder Roll Lettuce & Tomato – ½ cup Mayo./Mustard – 1 pkt. ea. Fresh Fruit -1 pc.= 1/2c. Animal Crackers – 1 pkg. 1% Milk – 8 oz.</p>	<p>Thursday, July 4</p> <p>CLOSED IN OBSERVANCE OF INDEPENDENCE DAY</p>	<p>Friday, July 5 Un crustable Peanut Butter & Jelly Sandwich – (1 oz. protein/1 ¼ grain) 1 each Mozzarella Stick – 1 oz. Saltines – 1 pkg. Fresh Fruit -1 pc.=1/2c. Juice – ½ cup 1% Milk – 8 oz.</p>
<p>Monday, July 8 Buffalo Chick breast 2oz. Leaf Lettuce – 1 leaf Sliced American Cheese 1 oz. Melon Wedge -1 each (½ cup equivalent) or Fresh Fruit 1pc. Roll – 1 each Mayonnaise – 1pkt. Juice – ½ cup 1% Milk – 8 oz.</p>	<p>Tuesday, July 9 Sliced Ham, 2 oz. & American Cheese, ½ oz. ea. Mayonnaise - 1 pkt. Carrots w/ Ranch Dressing– ¼ cup/1 pkt. Potato Chips – 1 pkg. Fresh Fruit - 1 pc. =1/2c. Roll – 1 each 1% milk – 8 oz.</p>	<p>Wednesday, July 10 Turkey & Cheese – 1 oz. ea. Mayonnaise -1 pkt. Goldfish crackers -1 pkg. Fresh Fruit -1 pc.=1/2c Seeded Bun – 1 each Juice – ½ cup 1% Milk – 8 oz.</p>	<p>Thursday, July 11 Ham, Bologna 1 oz. ea.& Cheese, ½ oz. Mayonnaise - 1 pkt. Sliced Cucumber – ¼ cup Potato Chips – 1 pkg. Applesauce – ½ cup Grinder Roll – 1 each 1% milk – 8 oz.</p>	<p>Friday, July 12 Southwest Chicken Wrap: Chicken Fingers – 3 each Shredded Lettuce – ½ cup Grape Tomatoes – ½ cup Taco Sauce– 1 pkt. Flour Tortilla Wrap – 1 Juice – ½ cup Oatmeal Cookie – 1 each 1% Milk – 8 oz.</p>
<p>MONDAY, July 15 Un crustable Peanut Butter & Jelly Sandwich – (1 oz. protein/1 ¼ grain) 1 each Mozzarella Stick – 1 oz. Saltines – 1 pkg. Fresh Fruit -1 pc.=1/2c.. Juice – ½ cup 1% Milk – 8 oz.</p>	<p>Tuesday, July 16 Breaded Chicken Filet– 2 oz. Leaf Lettuce – ½ cup Mayonnaise/Mustard – 1 pkt. ea. Roll – 1 each Assorted Juice – ½ cup Fresh Fruit -1 pc.=1/2c. 1% Milk – 8 oz.</p>	<p>Wednesday, July 17 Tunafish/ or Chicken Salad on a Bun – 2 oz. tuna/chicken, 1 bun Celery Sticks w/ Dip– ½ cup/1 pc. Animal Crackers – 1 pkg. Fresh Fruit – 1 pc.=1/2c. 1% Milk – 8 oz.</p>	<p>Thursday, July 18 Chicken Ranch Wrap: Chicken Fingers – 3 each Shredded Lettuce – ½ cup Ranch cup – 1 Flour Tortilla Wrap – 1 Fresh Fruit – 1 pc.=1/2c. Oatmeal Cookie – 1 each 1% Milk – 8 oz.</p>	<p>Friday, July 19 Cold Cut Grinder – 1 each 2 oz. Meat ½ oz. Cheese 1 each Grinder Roll Lettuce & Tomato – ½ cup Mayo./Mustard – 1 pkt. ea. Fresh Fruit -1 pc.= 1/2c. Animal Crackers – 1 pkg. 1% Milk – 8 oz.</p>

Please Note: Juices will include Orange, Apple, Pineapple, Grape and 100% Fruit Juice. All Juices are 100% and may be interchangeable, but not of the same fruit.

Breads/Rolls will include grinder rolls, multi-grain rolls, wheat bread, star cut rills, seeded bun, wheat roll. All Milk is 1% and white and chocolate will be alternated.

All Mini Muffins are 2.25 oz. and all Bagels are 2 oz. All protein based salads will have at least 2 oz of protein plus mixings.

Chicken Fingers 3 each =CN label 2oz. meat./meat alternative, 1.3 servings of bread.

Breaded Chicken Filet 1 each=CN label 2oz meat/meat alternative, 1 serving of bread

2013 SUMMER LUNCH CYCLE MONTH OF JULY

<p>Monday, July 22 Buffalo Chick breast 2oz. Leaf Lettuce – 1 leaf Sliced American Cheese 1 oz. Melon Wedge -1 each (½ cup equivalent) or Fresh Fruit 1pc. Roll – 1 each Mayonnaise – 1pkt. Juice – ½ cup 1% Milk – 8 oz.</p>	<p>Tuesday, July 23 Uncrustable Peanut Butter & Jelly Sandwich – (1 oz. protein/1 ¼ grain) 1 each Mozzarella Stick – 1 oz. Saltines – 1 pkg. Fresh Fruit -1 pc.=1/2c. Juice – ½ cup 1% Milk – 8 oz.</p>	<p>Wednesday, July 24 Sliced Ham, 2 oz. & American Cheese, ½ oz. ea. Mayonnaise - 1 pkt. Carrots w/ Ranch Dressing– ¼ cup/1 pkt. Potato Chips – 1 pkg. Fresh Fruit - 1 pc. =1/2c. Roll – 1 each 1% milk – 8 oz.</p>	<p>Thursday, July 25 Turkey & Cheese – 1 oz. ea. Mayonnaise -1 pkt. Goldfish crackers -1 pkg. Fresh Fruit -1 pc.=1/2c Seeded Bun – 1 each Juice – ½ cup 1% Milk – 8 oz.</p>	<p>Friday, July 26 Ham, Bologna 1 oz. ea.& Cheese, ½ oz. Mayonnaise - 1 pkt. Sliced Cucumber – ¼ cup Potato Chips – 1 pkg. Applesauce – ½ cup Grinder Roll – 1 each 1% milk – 8 oz.</p>
<p>Monday, July 29 Southwest Chicken Wrap: Chicken Fingers – 3 each Shredded Lettuce – ½ cup Grape Tomatoes – ½ cup Taco Sauce– 1 pkt. Flour Tortilla Wrap – 1 Juice – ½ cup Oatmeal Cookie – 1 each 1% Milk – 8 oz.</p>	<p>Tuesday, July 30 Uncrustable Peanut Butter & Jelly Sandwich – (1 oz. protein/1 ¼ grain) 1 each Mozzarella Stick – 1 oz. Saltines – 1 pkg. Fresh Fruit -1 pc.=1/2c. Juice – ½ cup 1% Milk – 8 oz.</p>	<p>Wednesday, July 31 Breaded Chicken Filet– 2 oz. Leaf Lettuce – ½ cup Mayonnaise/Mustard – 1 pkt. ea. Roll – 1 each Assorted Juice – ½ cup Fresh Fruit -1 pc.=1/2c. 1% Milk – 8 oz.</p>		

Please Note: Juices will include Orange, Apple, Pineapple, Grape and 100% Fruit Juice. All Juices are 100% and may be interchangeable, but not of the same fruit.

Breads/Rolls will include grinder rolls, multi-grain rolls, wheat bread, star cut rills, seeded bun, wheat roll. All Milk is 1% and white and chocolate will be alternated.

All Mini Muffins are 2.25 oz. and all Bagels are 2 oz. All protein based salads will have at least 2 oz of protein plus mixings.

Chicken Fingers 3 each =CN label 2oz. meat./meat alternative, 1.3 servings of bread.

Breaded Chicken Filet 1 each=CN label 2oz meat/meat alternative, 1 serving of bread

2013 SUMMER LUNCH CYCLE MONTH OF AUGUST

			<p>Thursday, August 1 Tunafish/ or Chicken Salad on a Bun – 2 oz. tuna/chicken, 1 bun Celery Sticks w/ Dip– ½ cup/1 pc. Animal Crackers – 1 pkg. Fresh Fruit – 1 pc.=1/2c. 1% Milk – 8 oz.</p>	<p>Friday, August 2 Chicken Ranch Wrap: Chicken Fingers – 3 each Shredded Lettuce – ½ cup Ranch cup – 1 Flour Tortilla Wrap – 1 Fresh Fruit – 1 pc.=1/2c. Oatmeal Cookie – 1 each 1% Milk – 8 oz.</p>
<p>Monday, August 5 Cold Cut Grinder – 1 each 2 oz. Meat ½ oz. Cheese 1 each Grinder Roll Lettuce & Tomato – ½ cup Mayo./Mustard – 1 pkt. ea. Fresh Fruit -1 pc.= 1/2c. Animal Crackers – 1 pkg. 1% Milk – 8 oz.</p>	<p>Tuesday, August 6 Buffalo Chick breast 2oz. Leaf Lettuce – 1 leaf Sliced American Cheese 1 oz. Melon Wedge -1 each (½ cup equivalent) or Fresh Fruit 1pc. Roll – 1 each Mayonnaise – 1pkt. Juice – ½ cup 1% Milk – 8 oz.</p>	<p>Wednesday, August 7 Uncrustable Peanut Butter & Jelly Sandwich – (1 oz. protein/1 ¼ grain) 1 each Mozzarella Stick – 1 oz. Saltines – 1 pkg. Fresh Fruit -1 pc.=1/2c.. Juice – ½ cup 1% Milk – 8 oz.</p>	<p>Thursday, August 8 Sliced Ham, 2 oz. & American Cheese, ½ oz. ea. Mayonnaise - 1 pkt. Carrots w/ Ranch Dressing– ¼ cup/1 pkt. Potato Chips – 1 pkg. Fresh Fruit - 1 pc. =1/2c. Roll – 1 each 1% milk – 8 oz.</p>	<p>Friday, August 9 Turkey & Cheese – 1 oz. ea. Mayonnaise -1 pkt. Goldfish crackers -1 pkg. Fresh Fruit -1 pc.=1/2c Seeded Bun – 1 each Juice – ½ cup 1% Milk – 8 oz.</p>
<p>Monday, August 12 Ham, Bologna 1 oz. ea.& Cheese, ½ oz. Mayonnaise - 1 pkt. Sliced Cucumber – ¼ cup Potato Chips – 1 pkg. Applesauce – ½ cup Grinder Roll – 1 each 1% milk – 8 oz.</p>	<p>Tuesday, August 13 Southwest Chicken Wrap: Chicken Fingers – 3 each Shredded Lettuce – ½ cup Grape Tomatoes – ½ cup Taco Sauce– 1 pkt. Flour Tortilla Wrap – 1 Juice – ½ cup Oatmeal Cookie – 1 each 1% Milk – 8 oz.</p>	<p>Wednesday, August 14 Uncrustable Peanut Butter & Jelly Sandwich – (1 oz. protein/1 ¼ grain) 1 each Mozzarella Stick – 1 oz. Saltines – 1 pkg. Fresh Fruit -1 pc.=1/2c.. Juice – ½ cup 1% Milk – 8 oz.</p>	<p>Thursday, August 15 Breaded Chicken Filet– 2 oz. Leaf Lettuce – ½ cup Mayonnaise/Mustard – 1 pkt. ea. Roll – 1 each Assorted Juice – ½ cup Fresh Fruit -1 pc.=1/2c. 1% Milk – 8 oz.</p>	<p>Friday, August 16 Tunafish/ or Chicken Salad on a Bun – 2 oz. tuna/chicken, 1 bun Celery Sticks w/ Dip– ½ cup/1 pc. Animal Crackers – 1 pkg. Fresh Fruit – 1 pc.=1/2c. 1% Milk – 8 oz.</p>

Please Note: Juices will include Orange, Apple, Pineapple, Grape and 100% Fruit Juice. All Juices are 100% and may be interchangeable, but not of the same fruit. Breads/Rolls will include grinder rolls, multi-grain rolls, wheat bread, star cut rills, seeded bun, wheat roll. All Milk is 1% and white and chocolate will be alternated. All Mini Muffins are 2.25 oz. and all Bagels are 2 oz. All protein based salads will have at least 2 oz of protein plus mixings.
Chicken Fingers 3 each =CN label 2oz. meat./meat alternative, 1.3 servings of bread.
Breaded Chicken Filet 1 each=CN label 2oz meat/meat alternative, 1 serving of bread

2013 SUMMER LUNCH CYCLE MONTH OF AUGUST

Monday, August 19	Tuesday, August 20	Wednesday, August 21	Thursday, August 22	Friday, August 23
Chicken Ranch Wrap: Chicken Fingers – 3 each Shredded Lettuce – ½ cup Ranch cup – 1 Flour Tortilla Wrap – 1 Fresh Fruit – 1 pc.=1/2c. Oatmeal Cookie – 1 each 1% Milk – 8 oz.	Cold Cut Grinder – 1 each 2 oz. Meat ½ oz. Cheese 1 each Grinder Roll Lettuce & Tomato – ½ cup Mayo./Mustard – 1 pkt. ea. Fresh Fruit -1 pc.= 1/2c. Animal Crackers – 1 pkg. 1% Milk – 8 oz.	Buffalo Chick breast 2oz. Leaf Lettuce – 1 leaf Sliced American Cheese 1 oz. Melon Wedge -1 each (½ cup equivalent) or Fresh Fruit 1pc. Roll – 1 each Mayonnaise – 1pkt. Juice – ½ cup 1% Milk – 8 oz.	Uncrustable Peanut Butter & Jelly Sandwich – (1 oz. protein/1 ¼ grain) 1 each Mozzarella Stick – 1 oz. Saltines – 1 pkg. Fresh Fruit -1 pc.=1/2c.. Juice – ½ cup 1% Milk – 8 oz.	Sliced Ham, 2 oz. & American Cheese, ½ oz. ea. Mayonnaise - 1 pkt. Carrots w/ Ranch Dressing– ¼ cup/1 pkt. Potato Chips – 1 pkg. Fresh Fruit - 1 pc. =1/2c. Roll – 1 each 1% milk – 8 oz.

Please Note: Juices will include Orange, Apple, Pineapple, Grape and 100% Fruit Juice. All Juices are 100% and may be interchangeable, but not of the same fruit. Breads/Rolls will include grinder rolls, multi-grain rolls, wheat bread, star cut rills, seeded bun, wheat roll. All Milk is 1% and white and chocolate will be alternated. All Mini Muffins are 2.25 oz. and all Bagels are 2 oz. All protein based salads will have at least 2 oz of protein plus mixings.
 Chicken Fingers 3 each =CN label 2oz. meat./meat alternative, 1.3 servings of bread.
 Breaded Chicken Filet 1 each=CN label 2oz meat/meat alternative, 1 serving of bread