

(WG)= Whole Grain

July Lunch

Serving Sizes (Ages 1-2)	Mon	Tue	Wed	Thu	Fri	Serving Sizes (Ages 3-5)
Protein :1 Ounce / 1/4 cup** Grain: 1/2 Slice/Serv/1/4 Cup Veg: 1/8 Cup Fruit: 1/8 Cup Milk: 1/2 Cup* E			1 Chicken Teriyaki Rice (WG) Broccoli Pineapple	2 Turkey Chili Beans Carrot Sticks Saltine Crackers Pears	3 CLOSED For 4th of July	Protein :1.5 Ounce / 3/8 cup** Grain: 1/2 Slice/Serv/1/4 Cup Veg: 1/4 Cup Fruit: 1/4 Cup Milk: 3/4 Cup*
	6 Veg. Baked Beans Cornbread Mixed Veggies Oranges	7 Turkey/Cheese Wraps (WG) Green Beans Apples	8 Chicken & Spanish Rice (WG) Mixed Veggies Oranges	9 Meat Sauce Spaghetti (WG) Corn Watermelon	10 Chicken Alfredo Penne Pasta (WG) Broccoli Oranges	
	13 Rotini (WG) Mac & Cheese Peas/Carrots Pears	14 Turkey Sloppy Joe Sandwiches Green Beans Apples	15 Cheese Ravioli Broccoli Fruit Cocktail	16 BBQ Chicken Sandwiches Corn Fruit Cocktail	17 Beans & Cheese Burritos Salad Oranges	
	20 Beans & Rice (WG) Peas & Carrots Apples	21 Chicken Teriyaki Rice (WG) Broccoli Pineapple	22 Ground Turkey & Cheese Tacos Salad Oranges	23 Chicken Salad Sandwiches Corn Fruit Cocktail	24 Cheese Quesadillas (WG) Green Beans Oranges	
*Whole, unflavored milk is served to children one year of age and 1 percent, unflavored milk to all children two years of age and older.	27 Cheese Pizza English Muffin Peas & Carrots Pineapple	28 Beans & Cheese Burritos Corn Mandarin Oranges	29 Chicken & Rice Soup (WG) Mixed Veggies Apples	30 Turkey Chili Beans Carrot Sticks Saltine Crackers Cantaloupe	31 Chicken Alfredo Penne Pasta (WG) Broccoli Oranges	This institution is an equal opportunity provider.

***Lunch is served with Milk.