



Lunch Menu AUGUST 2022



Serving 11:20 to 12:40

Monday	Tuesday	Wednesday	Thursday	Friday
01 Turkey Sandwich Sliced Turkey, 2.5oz Cheddar Cheese, .75oz WG Bread, 2oz (2ea) Grape Tomatoes, 1/3c Apple, 1/2c Mustard, 1ea Low-Fat Ranch, 1ea 1% White Milk, 8oz	02 Nacho Day Grilled Chicken, 1.5oz Cheddar Cheese, 1oz WG Tortilla Chips, 1oz Red Salsa, 1/2c Plum, 1/4c FF Chocolate Milk, 8oz	03 Parfait Day Blueberry Yogurt, 4oz Cheese Stick, 1oz WG Graham Cracker, 1oz Cucumber Slices, 1/2c Grapes, 1/3c 1% White Milk, 8oz	04 Flatbread Pizza WG Flatbread, 2oz Mozzarella Cheese, 2oz Pizza Sauce, 1oz Green Pepper Slices, 1/3c Pear, 1/2c Low-Fat Ranch, 1ea FF Chocolate Milk, 8oz	

Welsh Park Pavilion, 651 Russell Rd., DeKalb, IL