

Lunch Menu

JULY 2023



Monday	Tuesday	Wednesday	Thursday	Friday
03 Flatbread Pizza WG Flatbread, 2oz Mozzarella Cheese, 2oz Turkey Pepperoni, 2oz Marinara Sauce, 1oz Green Pepper Slices, 1/3c Pear, 1/2c 1% White Milk, 8oz # of Leftovers <input type="text"/>	 No Meals Delivered	05 Chicken Dippers WG Breaded Nugget, 3oz (5) WG Sun Chips, 1oz Broccoli, 1/4c Watermelon, 1/2c BBQ Sauce, 1ea Ketchup, 1ea Low-Fat Ranch, 1ea FF Chocolate Milk, 8oz # of Leftovers <input type="text"/>	06 Bagel Day WG Plain Bagel, 2oz (1ea) Mozz Cheese Stick, 1oz (1) WOW Butter, 1.1oz Celery, 1/2c Blueberries, 1/4c Cream Cheese, 1ea 1% White Milk, 8oz # of Leftovers <input type="text"/>	
10 Café Turkey Club Sliced Turkey, 2.5oz American Cheese .5oz WG Bread, 2oz (2ea) Dill Pickle, 1/4c Apple, 1/2c, Low-Fat Mayo, 1ea Mustard, 1ea 1% White Milk, 8oz # of Leftovers <input type="text"/>	11 Walking Taco Grilled Chicken, 2oz Cheddar Cheese, 1oz WG Nacho Doritos, 1oz Pico de Gallo, 1/4c Peach, 1/2c Taco Sauce, 1ea FF Chocolate Milk, 8oz # of Leftovers <input type="text"/>	12 Breakfast for Lunch Peach Yogurt, 8oz Honey Scooters Cereal, 1oz Strawberries, 1/2c Fresh Orange, 1/2c 1% White Milk, 8oz # of Leftovers <input type="text"/>	13 Chopped Salad Mozz Cheese Stick, 2oz (2) WG Breadstick 1oz, (1ea) WG Croutons, .25oz (1ea) Chopped Lettuce, 3/4c Plum, 1/2c Marinara Sauce, 1oz Low-Fat Ranch, 1ea FF Chocolate Milk, 8oz # of Leftovers <input type="text"/>	
17 Sunbutter Sandwich Sunbutter Sandwich, 2.6oz Mozzarella Stick, 1oz WG Cheddar Crackers, .75oz Carrots, 1/2c Apple, 1/2c FF Chocolate Milk, 8oz # of Leftovers <input type="text"/>	18 Parfait Day Vanilla Yogurt, 4oz Sunflower Seeds, 1oz (1ea) Granola, 1oz Pretzels, .75oz (1ea) Strawberries, 1/2c Blueberries, 1/4c 1% White Milk, 8oz # of Leftovers <input type="text"/>	19 Cracker Stacker Turkey Ham Squares, 2oz Cheese Cubes, 1oz WG Crackers, .7oz (3ea) Carrots, 1/2c Grapes, 1/2c Low-Fat Ranch, 1ea 1% White Milk, 8oz # of Leftovers <input type="text"/>	20 Southwest Wrap Grilled Chicken, 2oz Cheddar Cheese, 1oz WG Tortilla, 1oz (1ea) WG Croutons, .25oz (1ea) Peppers, 1/4c Nectarine, 1/2c Taco Sauce, 1ea FF Chocolate Milk, 8oz # of Leftovers <input type="text"/>	
24 Turkey on Oat Bread Sliced Turkey, 2oz Provolone Cheese, 1oz Oat Bread, 2oz Vegetable Sticks, 1/2c Flavored Applesauce, 1/2c Low-Fat Mayo, 1ea Low-Fat Ranch, 1ea 1% White Milk, 8oz # of Leftovers <input type="text"/>	25 It's Brunch Time! Hardboiled Egg, 1ea Strawberry Yogurt, 4oz WG Blueberry Muffin, 2oz Carrots, 1/2c Plum, 1/4c Low-Fat Ranch, 1ea 1% White Milk, 8oz # of Leftovers <input type="text"/>	26 Nacho Day Grilled Chicken, 2oz Cheddar Cheese, 1oz WG Tortilla Chips, 1oz Red Salsa, 1/2c Strawberries, 1/2c Sour Cream, 1ea Taco Sauce, 1ea FF Chocolate Milk, 8oz # of Leftovers <input type="text"/>	27 Flatbread Pizza WG Flatbread, 2oz Mozzarella Cheese, 2oz Turkey Pepperoni, 2oz Marinara Sauce, 1oz Green Pepper Slices, 1/3c Pear, 1/2c 1% White Milk, 8oz # of Leftovers <input type="text"/>	
31 Café Turkey Club Sliced Turkey, 2.5oz American Cheese .5oz WG Bread, 2oz (2ea) Dill Pickle, 1/4c Apple, 1/2c, Low-Fat Mayo, 1ea Mustard, 1ea 1% White Milk, 8oz # of Leftovers <input type="text"/>	Welsh Park Pavilion, 651 Russell Rd., DeKalb			