

Lunch Menu

July 2023

Meals catered by LSS Meals




Mon

Tue

Wed

Thu

Fri

3 Salisbury Steak w/gravy Green Beans Applesauce WG Bread Slice	4 	5 Beef Taco on WG Shell Salad/Steamed Veggies Apple Slices	6 Chicken Salad on WG Bun Carrots Banana	7 Pizza Fruit Veggies Yogurt
10 Chicken w/ Marinara Carrots WG Bread Stick Applesauce	11 Beef Mac and Cheese Peas and Carrots Peaches	12 WG Bean & Cheese Burrito Salad/Steamed Veggies Pears	13 Turkey in Gravy Mashed Potatoes Banana WG Bread Slice	14 Pizza Fruit Veggies Yogurt
17 Cheeseburger on WG Bun Baked Beans Applesauce	18 WG Pasta w/ Meat Sauce Broccoli Pears	19 Teriyaki Chicken WG Brown Rice Carrots Apple Slices	20 WG Cheese Calzone Salad/Green Beans Banana	21 Pizza Fruit Veggies Yogurt
24 WG Bosco Stick Carrots Applesauce	25 Swedish Meatballs Green Beans Apple Slices WG Bread Slices	26 Sloppy Joe on WG Bun Baked Beans Peaches	27 Ranch Turkey Mashed Potatoes Banana WG Bread Stick	28 Pizza Fruit Veggies Yogurt
31 Meatballs in Marinara Green Beans WG Bread Stick Applesauce				

Milk served with all meals:

Whole milk for ages 12 to
23 months.

1% milk for ages 2 to 12
years.

**1 serving of
whole grain
will be served
daily**

