



Nutritionized Menu



July

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			7/7 School Age – Sack Lunch	7/1
			Turkey and Cheese on a Soft Flour Tortilla with Mayo Fresh Fruit Baby Carrots Fortune Cookie	Chicken Marinara Penne Pasta QC Vegetable Blend Diced Pears Wheat Bread
7/4	7/5	7/6	7/7	7/8
CLOSED 	Meatballs Au Jus Mashed Potatoes Corn Banana Rye Bread	Shells and Cheese Yellow Squash Coins QC Vegetable Blend Fresh Orange Italian Bread	Chicken Taco Shredded Lettuce Shredded Cheddar Cheese 3 Way Vegetable Blend Tropical Fruit Soft Flour Tortilla	Sloppy Joe Diced Parsley Potatoes Baked Beans Fresh Apple Mini Wheat Hamburger Bun
7/11	7/12	7/13	7/14	7/15
Chicken and Country Gravy Mashed Potatoes Corn Fresh Orange Wheat Bread	Chicken Tender Wrap Shredded Lettuce Ranch Dip Shredded Cheddar Cheese Soft Flour Tortilla Applesauce QC Vegetable Blend	Rotini Pasta & Meat Sauce Green Beans Banana Wheat Bread	BBQ Chicken Diced Sweet Potatoes Peas Fresh Apple Rye Bread	Hamburger Aus Jus Ketchup Broccoli Fresh Orange Mini Wheat Hamburger Bun
7/18	7/19	7/20	7/21	7/22
Meatball Marinara Penne Pasta Green Beans Fresh Apple Wheat Bread	Fiesta Chicken Diced Parsley Potatoes Spanish Black Beans Cinnamon Applesauce Wheat Dinner Roll	Popcorn Chicken Ketchup Tomato Wedge Fresh Pear	Baked Mostaccioli Peas and Carrots Fresh Orange Italian Bread	Chicken and Rice Bake Diced Carrots Tropical Fruit Wheat Bread
7/25	7/26	7/27	7/28	7/29
Parmesan Noodles with Chicken Peas & Carrots Fresh Apple Wheat Bread	Beef Taco Shredded Lettuce Shredded Cheddar Cheese Refried Beans Fresh Orange Soft Flour Tortilla	Turkey Chili Shell Pasta Green Beans Banana Wheat Dinner Roll	Chicken Tenders BBQ Dip Steamed Brown Rice Broccoli Pineapple Chunks	Spaghetti and Meatballs in Marinara Sauce QC Vegetable Blend Applesauce Wheat Bread