

JULY 2022 CHILD CARE HOT LUNCH MENU

Remember that at least one vegetable component MUST be served at every Lunch!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7/4/2022	7/5/2022	7/6/2022	7/7/2022	7/8/2022
<p>Happy Independence Day!</p>	255 CHEESE STUFFED BREADSTICKS (individual package) 622 RED GOLD MARINARA SAUCE CUP 817 BROCCOLI 100 WHITE MILK	872 WG BREADED CHICKEN PATTY (2 serv/cont) 865 CHEESY CAULIFLOWER 670 FRESH FRUIT 904 1/2 SLICE WHEAT BREAD+++ 100 WHITE MILK	841 CHEESE RAVIOLI WITH SAUCE (2 serv/cont) 506 CHOPPED ROMAINE SALAD or 822 SPINACH 697 BAGGED APPLE SLICES 904 1/2 SLICE WHEAT BREAD+++ 100 WHITE MILK	847 CHEESY CHICKEN, POTATO & BROCCOLI BAKE (2 serv/cont) 506 CHOPPED ROMAINE SALAD or 812 CORN 684 MIXED BERRY APPLESAUCE CUP 904 1/2 SLICE WHEAT BREAD+++ 100 WHITE MILK
7/11/2022	7/12/2022	7/13/2022	7/14/2022	7/15/2022
849 SWEDISH MEATBALLS 817 BROCCOLI 812 CORN 904 1/2 SLICE WHEAT BREAD+++ or 832 SPIRAL NOODLES 100 WHITE MILK	843 WG BREADED BAKED CHICKEN NUGGETS 864 DICED CARROTS or 611 BABY CARROTS PACK 861 AU GRATIN POTATOES 904 1/2 SLICE WHEAT BREAD+++ 100 WHITE MILK	831 WG ROTINI BAKE W/MEAT CRUMBLES & CHEESE (2 serv/cont) 825 GREEN BEANS 683 UNSWEETENED APPLESAUCE CUP 904 1/2 SLICE WHEAT BREAD+++ 100 WHITE MILK	264 4" X 6" WHOLE GRAIN CHEESE PIZZA (individual package) or 263 5" ROUND WG CHEESE PIZZA (individual package) 506 CHOPPED ROMAINE SALAD or 869 POTATO ROUNDS 697 BAGGED APPLE SLICES 100 WHITE MILK	839 WG MACARONI & CHEESE 506 CHOPPED ROMAINE SALAD or 815 MIXED VEGETABLES 670 FRESH FRUIT 904 1/2 SLICE WHEAT BREAD+++ 100 WHITE MILK
7/18/2022	7/19/2022	7/20/2022	7/21/2022	7/22/2022
834 CHICKEN ALFREDO W/WG PENNE PASTA (2 serv/cont) 867 GARDEN PEAS 684 MIXED BERRY APPLESAUCE CUP 904 1/2 SLICE WHEAT BREAD+++ 100 WHITE MILK	835 FISH STICKS (2 serv/cont) 859 CORN & CARROTS 670 FRESH FRUIT 904 1/2 SLICE WHEAT BREAD+++ 100 WHITE MILK	206 VEGGIE BURGER W/POTATO WEDGES (individual package) 825 GREEN BEANS 904 1/2 SLICE WHEAT BREAD+++ or 914 WHEAT HAMBURGER BUN 100 WHITE MILK	828 MEATLOAF WITH GRAVY (2 serv/cont) 809 MASHED POTATOES 506 CHOPPED ROMAINE SALAD 809 or 815 MIXED VEGETABLES 904 1/2 SLICE WHEAT BREAD+++ 100 WHITE MILK	856 CHICKEN PARMESAN (2 serv/cont) 506 CHOPPED ROMAINE SALAD or 822 SPINACH 697 BAGGED APPLE SLICES 904 1/2 SLICE WHEAT BREAD+++ 100 WHITE MILK
7/25/2022	7/26/2022	7/27/2022	7/28/2022	7/29/2022
857 SLOPPY JOE 864 DICED CARROTS or 611 BABY CARROTS PACK 825 GREEN BEANS 904 1/2 SLICE WHEAT BREAD+++ or 914 WHEAT HAMBURGER BUN 100 WHITE MILK	264 4" X 6" WHOLE GRAIN CHEESE PIZZA (individual package) or 263 5" ROUND WG CHEESE PIZZA (individual package) 869 POTATO ROUNDS 683 UNSWEETENED APPLESAUCE CUP 100 WHITE MILK	830 WG SPAGHETTI WITH MEATBALLS (2 serv/cont) 822 SPINACH 670 FRESH FRUIT 904 1/2 SLICE WHEAT BREAD+++ 100 WHITE MILK	843 WG BREADED BAKED CHICKEN NUGGETS 506 CHOPPED ROMAINE SALAD or 815 MIXED VEGETABLES 854 SCALLOPED POTATOES 904 1/2 SLICE WHEAT BREAD+++ 100 WHITE MILK	839 WG MACARONI & CHEESE 506 CHOPPED ROMAINE SALAD or 817 BROCCOLI 697 BAGGED APPLE SLICES 904 1/2 SLICE WHEAT BREAD+++ 100 WHITE MILK

MENU SUBJECT TO CHANGE

+++CHILDREN AGE 6 & OLDER MUST BE SERVED A FULL SLICE OF BREAD

WG = WHOLE GRAIN-RICH

Milk: 1 year old children must be served 4-ounce whole white milk; children 2 years and older must be served either 8-ounce skim fat free white milk or 8-ounce 1% low fat white milk.

REMINDER: Water must be OFFERED every day!

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