

JULY 2023 CHILD CARE COLD LUNCH MENU

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7/3/2023	7/4/2023	7/5/2023	7/6/2023	7/7/2023
Weekly Sandwich Alternate (must order all items in place of sandwich): 133 STRAWBERRY BANANA YOGURT - 118 LAND O LAKES LIGHT MOZZARELLA STRING CHEESE - 922 WG CINNAMON GRANOLA				
238 CHICKEN, TURKEY PEPPERONI & CHEESE ON WG CROISSANT 632 100% WANGO MANGO VEGETABLE JUICE 670 FRESH FRUIT 100 WHITE MILK		261 SOY BUTTER & JELLY WG SANDWICH 631 100% CHERRY STAR VEGETABLE JUICE 670 FRESH FRUIT 100 WHITE MILK	237 TURKEY SALAMI & CHEESE ON WG SUB SANDWICH 611 BABY CARROTS SNACK PACK 683 UNSWEETENED APPLESAUCE CUP 100 WHITE MILK	404 TURKEY HAM, TURKEY SALAMI, TURKEY PEPPERONI & MOZZARELLA CHEESE ON WG WRAP 506 CHOPPED ROMAINE SALAD 670 FRESH FRUIT 100 WHITE MILK
7/10/2023	7/11/2023	7/12/2023	7/13/2023	7/14/2023
Weekly Sandwich Alternate (must order all items in place of sandwich): 543 RED PEPPER HUMMUS - 126 LAND O LAKES CO-JACK CHEESE STICK - 924 HARVEST CHEDDAR SUNCHIPS				
261 SOY BUTTER & JELLY WG SANDWICH 631 100% CHERRY STAR VEGETABLE JUICE 684 MIXED BERRY APPLESAUCE CUP 100 WHITE MILK	228 TURKEY HAM & CHEESE ON WG SUB SANDWICH 611 BABY CARROTS SNACK PACK <i>or</i> 632 100% WANGO MANGO VEGETABLE JUICE 670 FRESH FRUIT 100 WHITE MILK	242 CHICKEN, TURKEY HAM & TWO CHEESE WG WEDGE SANDWICH 630 100% DRAGON PUNCH VEGETABLE JUICE 683 UNSWEETENED APPLESAUCE CUP 100 WHITE MILK	235 WG CHEESE WAFFLE SANDWICH 506 CHOPPED ROMAINE SALAD <i>or</i> 602 PA DUTCH POTATO SALAD 670 FRESH FRUIT 100 WHITE MILK	229 TURKEY HAM & CHEESE ON WG CROISSANT 506 CHOPPED ROMAINE SALAD <i>or</i> 611 BABY CARROTS SNACK PACK 670 FRESH FRUIT 100 WHITE MILK
7/17/2024	7/18/2023	7/19/2023	7/20/2023	7/21/2023
Weekly Sandwich Alternate (must order all items in place of sandwich): 138 BLUEBERRY YOGURT - 118 LAND O LAKES LIGHT MOZZARELLA STRING CHEESE - 989 WG HONEY GRAHAM CRACKERS				
240 TURKEY BOLOGNA & AMERICAN CHEESE ON WG SUB BUN 632 100% WANGO MANGO VEGETABLE JUICE 670 FRESH FRUIT 100 WHITE MILK	229 TURKEY HAM & CHEESE ON WG CROISSANT 630 100% DRAGON PUNCH VEGETABLE JUICE 683 UNSWEETENED APPLESAUCE CUP 100 WHITE MILK	237 TURKEY SALAMI & CHEESE ON WG SUB SANDWICH 631 100% CHERRY STAR VEGETABLE JUICE 670 FRESH FRUIT 100 WHITE MILK	261 SOY BUTTER & JELLY WG SANDWICH 506 CHOPPED ROMAINE SALAD <i>or</i> 611 BABY CARROTS SNACK PACK 670 FRESH FRUIT 100 WHITE MILK	236 TURKEY & TWO CHEESE WG WEDGE SANDWICH 506 CHOPPED ROMAINE SALAD 684 MIXED BERRY APPLESAUCE CUP 100 WHITE MILK
7/24/2023	7/25/2023	7/26/2023	7/27/2023	7/28/2023
Weekly Sandwich Alternate (must order all items in place of sandwich): 139 CHEDDAR CHEESE CUP - 130 SUNFLOWER KERNELS - 941 WG TOSTITOS SCOOPS				
235 WG CHEESE WAFFLE SANDWICH 632 100% WANGO MANGO VEGETABLE JUICE 683 UNSWEETENED APPLESAUCE CUP 100 WHITE MILK	242 CHICKEN, TURKEY HAM & TWO CHEESE WG WEDGE SANDWICH 630 100% DRAGON PUNCH VEGETABLE JUICE 670 FRESH FRUIT 100 WHITE MILK	238 CHICKEN, TURKEY PEPPERONI & CHEESE ON WG CROISSANT 631 100% CHERRY STAR VEGETABLE JUICE 645 DOLE PINEAPPLE TIDBITS CUP <i>or</i> 670 FRESH FRUIT 100 WHITE MILK	228 TURKEY HAM & CHEESE ON WG SUB SANDWICH 506 CHOPPED ROMAINE SALAD <i>or</i> 602 PA DUTCH POTATO SALAD 684 MIXED BERRY APPLESAUCE CUP 100 WHITE MILK	261 SOY BUTTER & JELLY WG SANDWICH 506 CHOPPED ROMAINE SALAD <i>or</i> 611 BABY CARROTS SNACK PACK 670 FRESH FRUIT 100 WHITE MILK

MENU SUBJECT TO CHANGE

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.

CHOPPED ROMAINE SALAD: CHILDREN AGES 1 THROUGH 5 RECEIVE 1/2 CUP, CHILDREN AGE 6 & OLDER RECEIVE 1 CUP.

REMINDER: Water must be OFFERED every day!

WG = WHOLE GRAIN-RICH

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