


JULY 2023 CHILD CARE HOT LUNCH MENU

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7/3/2023 286 WG PENNE PASTA WITH MEAT SAUCE AND BLENDED VEGETABLES 670 FRESH FRUIT 100 WHITE MILK	7/4/2023 	7/5/2023 284 GRILLED CHICKEN & BROCCOLI ALFREDO WITH WG PENNE PASTA 670 FRESH FRUIT 100 WHITE MILK	7/6/2023 264 4" X 6" WG CHEESE PIZZA <i>or</i> 263 5" ROUND WG CHEESE PIZZA 611 BABY CARROTS SNACK PACK 683 UNSWEETENED APPLESAUCE CUP 100 WHITE MILK	7/7/2023 296 SALISBURY STEAK WITH ROASTED SEASONED POTATOES 506 CHOPPED ROMAINE SALAD <i>or</i> 670 FRESH FRUIT 904 1/2 SLICE WHEAT BREAD+++ 100 WHITE MILK
7/10/2023 291 GRILLED CHICKEN WITH CARIBBEAN PINEAPPLE SAUCE, BROWN RICE PILAF AND CARROTS 684 MIXED BERRY APPLESAUCE CUP 100 WHITE MILK	7/11/2023 280 BEEF PATTY WITH GREEN BEANS 670 FRESH FRUIT 914 WHEAT HAMBURGER BUN 100 WHITE MILK	7/12/2023 288 WG MACARONI & CHEESE WITH BROCCOLI 683 UNSWEETENED APPLESAUCE CUP 100 WHITE MILK	7/13/2023 281 WG POPCORN CHICKEN WITH ROASTED SEASONED POTATOES 506 CHOPPED ROMAINE SALAD <i>or</i> 670 FRESH FRUIT 100 WHITE MILK	7/14/2023 225 WG CIABATTA GRILLED CHEESE SANDWICH 506 CHOPPED ROMAINE SALAD <i>or</i> 611 BABY CARROTS SNACK PACK 670 FRESH FRUIT 100 WHITE MILK
7/17/2023 287 WG CHEESE RAVIOLI WITH BLENDED VEGETABLES 670 FRESH FRUIT 100 WHITE MILK	7/18/2023 285 GRILLED CHICKEN WITH HONEY MUSTARD SAUCE AND GREEN BEANS 683 UNSWEETENED APPLESAUCE CUP 904 1/2 SLICE WHEAT BREAD+++ 100 WHITE MILK	7/19/2023 282 WG BBQ POPCORN CHICKEN WITH MASHED SWEET POTATOES 670 FRESH FRUIT 100 WHITE MILK	7/20/2023 286 WG PENNE PASTA WITH MEAT SAUCE AND BLENDED VEGETABLES 506 CHOPPED ROMAINE SALAD <i>or</i> 611 BABY CARROTS SNACK PACK 100 WHITE MILK	7/21/2023 264 4" X 6" WG CHEESE PIZZA <i>or</i> 263 5" ROUND WG CHEESE PIZZA 506 CHOPPED ROMAINE SALAD 684 MIXED BERRY APPLESAUCE CUP 100 WHITE MILK
7/24/2023 288 WG MACARONI & CHEESE WITH BROCCOLI 683 UNSWEETENED APPLESAUCE CUP 100 WHITE MILK	7/25/2023 283 WG CHICKEN PARMIGIANA WITH GREEN BEANS 670 FRESH FRUIT 100 WHITE MILK	7/26/2023 295 MEATLOAF & GRAVY WITH MASHED POTATOES 645 DOLE PINEAPPLE TIDBITS CUP <i>or</i> 670 FRESH FRUIT 904 1/2 SLICE WHEAT BREAD+++ 100 WHITE MILK	7/27/2023 293 WG CHICKEN PARMIGIANA WITH GREEN BEANS 506 CHOPPED ROMAINE SALAD <i>or</i> 684 MIXED BERRY APPLESAUCE CUP 100 WHITE MILK	7/28/2023 225 WG CIABATTA GRILLED CHEESE SANDWICH 506 CHOPPED ROMAINE SALAD <i>or</i> 611 BABY CARROTS SNACK PACK 670 FRESH FRUIT 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.

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!

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