

# MEALS 4 KIDS JULY LUNCH MENU

	Monday 7/1/19	Tuesday 7/2/19	Wednesday 7/3/19	Thursday 7/4/19	Friday 7/5/19
	Bean Dip with Tortilla	PB&J	Chicken Pasta Salad	<b>CLOSED</b>	Hummus Cup
<b>Protein</b>	Bean Dip (1/2 cup) & Cheese String	Peanut Butter (2 Tbsp.) & String Cheese (1 oz)	Chicken Breast (2oz)		Hummus (1/2 c) & String Cheese
<b>Grain</b>	WW Tortilla (1 tortilla)	WW Bread (2 slices)	WG Pasta (1 cup)		Pretzels (1 cup)
<b>Vegetable</b>	Grapes (3/4 cup)	Snap Peas (1/2 cup)	Spinach and green salad (3/4 cup)		Baby Carrots (1/2 cup)
<b>Fruit</b>	Fruit Bowl (1/4 cup)	Apples (1/4 cup)	1/2 Banana		Peaches (1/4 cup)
<b>Milk</b>	8 oz.	8 oz.	8 oz.		8 oz.

	Monday 7/8/19	Tuesday 7/9/19	Wednesday 7/10/19	Thursday 7/11/19	Friday 7/12/19
	PB&J	Taco Pasta Salad	Chicken & Cheese Wrap	Hummus Cup	Turkey & Cheese Sandwich
<b>Protein</b>	Peanut Butter (2 Tbsp.) & String Cheese (1 oz)	Beans (1/2 cup) & Cheese	Chicken (1oz) & Cheese (1 oz.)	Hummus (1/2 c) & String Cheese	Turkey (1 oz.) & Cheese (1 oz.)
<b>Grain</b>	WW Bread (2 slices)	WW Pasta (1 cup)	WW Tortilla (~10")	Pretzels (1 cup)	WW Bread (2 slices)
<b>Vegetable</b>	Snap Peas (1/2 cup)	Spinach and green salad (3/4 cup)	Snap Peas (1/2 cup)	Baby Carrots (1/2 cup)	1 Plum
<b>Fruit</b>	Apples (1/4 cup)	Mandarin Oranges (1/4 cup)	Peaches (1/4 cup)	1/2 Banana	Cantaloupe (1/2 cup)
<b>Milk</b>	8 oz.	8 oz.	8 oz.	8 oz.	8 oz.

	Monday 7/15/19	Tuesday 7/16/19	Wednesday 7/17/19	Thursday 7/18/19	Friday 7/19/19
	Bean Dip with Tortilla	PB&J	Chicken Pasta Salad	Turkey Wrap	Chicken Salad Sandwich
<b>Protein</b>	Bean Dip (1/2 cup) & Cheese String	Peanut Butter (2 Tbsp.) & String Cheese (1 oz)	Chicken Breast (2oz)	Turkey (2 oz.)	Chicken (1oz) & Cheese (1 oz.)
<b>Grain</b>	WW Tortilla (1 tortilla)	WW Bread (2 slices)	WG Pasta (1 cup)	WW Tortilla (1 tortilla)	WW Bread (2 slices)
<b>Vegetable</b>	Grapes (1/2 cup)	Snap Peas (1/2 cup)	Spinach and green salad (3/4 cup)	Blueberries (1/4 cup)	Snap Peas (1/2 cup)
<b>Fruit</b>	Fruit Bowl (1/4 cup)	Apples (1/4 cup)	1/2 Banana	Cantaloupe (1/2 cup)	Peaches (1/4 cup)
<b>Milk</b>	8 oz.	8 oz.	8 oz.	8 oz.	8 oz.

	Monday 7/22/19	Tuesday 7/23/19	Wednesday 7/24/19	Thursday 7/25/19	Friday 7/26/19
	PB&J	Taco Pasta Salad	Chicken & Cheese Wrap	Hummus Cup	Turkey & Cheese Sandwich
<b>Protein</b>	Peanut Butter (2 Tbsp.) & String Cheese (1 oz)	Beans (1/2 cup) & Cheese	Chicken (1oz) & Cheese (1 oz.)	Hummus (1/2 c) & String Cheese	Turkey (1 oz.) & Cheese (1 oz.)
<b>Grain</b>	WW Bread (2 slices)	WW Pasta (1 cup)	WW Tortilla (~10")	Pretzels (1 cup)	WW Bread (2 slices)
<b>Vegetable</b>	Snap Peas (1/2 cup)	Spinach and green salad (3/4 cup)	Snap Peas (1/2 cup)	Baby Carrots (1/2 cup)	1 Plum
<b>Fruit</b>	Apples (1/4 cup)	Mandarin Oranges (1/4 cup)	Peaches (1/4 cup)	1/2 Banana	Cantaloupe (1/2 cup)
<b>Milk</b>	8 oz.	8 oz.	8 oz.	8 oz.	8 oz.

	Monday 7/29/19	Tuesday 7/30/19	Wednesday 7/31/19
	Bean Dip with Tortilla	PB&J	Chicken Pasta Salad
<b>Protein</b>	Bean Dip (1/2 cup) & Cheese String	Peanut Butter (2 Tbsp.) & String Cheese (1 oz)	Chicken Breast (2oz)
<b>Grain</b>	WW Tortilla (1 tortilla)	WW Bread (2 slices)	WG Pasta (1 cup)
<b>Vegetable</b>	Grapes (3/4 cup)	Snap Peas (1/2 cup)	Spinach and green salad (3/4 cup)
<b>Fruit</b>	Fruit Bowl (1/4 cup)	Apples (1/4 cup)	1/2 Banana
<b>Milk</b>	8 oz.	8 oz.	8 oz.

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