

JULY 2017



July 2017 Lunch Menu for
Summer Food Service Lunch
and Supper

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
		All meals include 1/2 pint of fat-free milk except daycare 1-2 yr olds (whole)			1	2	
3 Hamburger Patties Carrots Diced Peaches Whole Grain Bread	4 Kids Cafe Closed	5 Chicken Asian Vegetables Chow Mein Noodles Mixed Fruit p.78	6 Beef Lasagna Steamed Zucchini Whole Grain Bread Apple Sauce p.79	7 Chicken Steamed Celery & Carrots Wheat Tortillas Mandarins p.83	8	9	
10 Cheesy Chicken Noodle Bake p89 Steamed Zucchini Cantaloupe Bits	11 Beef Sheppard Pie D-43 Corn Bread Carrots Apple Sauce	12 Hamburger Patties Fresh Broccoli/Ranch Diced Peaches Whole Grain Bread	13 Chicken Spaghetti Bake p17 Green Beans Whole Wheat Bread	14 Beef Lasagna Steamed Zucchini Whole Grain Bread Apple Sauce p.79	15	16	
17 Baked Chicken p27 Strawberries Whole Grain Bread	18 Beef Sloppy Sammies Peaches Celery Sticks/Ranch p.80	19 Chicken Asian Vegetables Chow Mein Noodles Mixed Fruit p.78	20 Beautiful Butterflies p41 Cantaloupe	21 Hamburger Patties Carrots Diced Peaches Whole Grain Bread	22	23	
24 Beef Lasagna Steamed Zucchini Whole Grain Bread Apple Sauce p.79	25 Cheesy Chicken Noodle Bake p89 Steamed Zucchini Cantaloupe Bits	26 Hamburger Patties Carrots Diced Peaches Whole Grain Bread	27 Turkey Submarine Sandwich p48 Orange Slices	28 Limeade Chicken Mixed Vegetables Pitas p88 Kiwis	29	30	
31	5-18 yrs old	NOTES: * Vitamin A + Vitamin C 1-2 year olds need foods cut or mashed more often; Meals are created utilizing a steamer, masher, blender, mixer; Minimum Servings: Liquid Milk 1/2 Cup; Meat/Meat Alternates 1 oz; Vegetables 1/8 Cup; Fruits 1/8 Cup; Grains 1/2 Ounces (Kids Cafe serves 2oz servings of each component and 1/2 pint of milk per student)					



HIGH PLAINS
**FOOD
BANK**

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