

# Menu for Lunch 7/8-7/12

Serve all five components

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Meal</b>	Breakfast for Lunch	Taco Salad w/ corn salsa & chips	Dino Chicken Dunkers	Turkey-Bacon-Ranch flat bread	Make Your Own Pizza
<b>MILK:</b> 1 cup (8 fl.oz.)	Chocolate milk	Chocolate milk	Chocolate milk	Chocolate milk	Chocolate milk
<b>FRUITS and VEGETABLES:</b> - ¾ cup total - Must serve at least 2 different kinds - Cannot be of the same variety e.g., apple and apple juice - 100% juice may count for no more than half this requirement	Fresh Strawberries	#1 Shredded Lettuce	#1 Cucumber slices w/ ranch dip	#1 Carrot Sticks	#1 Carrots and sunbutter
	Apple slices	#2 Mild Corn and Tomato Salsa	#2 banana	#2 Apple Slices	#2 Pineapple
<b>GRAINS/BREADS:</b> 1 serving (1 slice of bread; ½ cup of cooked pasta or grain).*	WG maple pancakes	WG Cheddar Sun Chips	WG Chicken Nugget Breading	WG Flatbread	WG flat Bread
<b>MEAT/MEAT ALTERNATES:</b> (2 oz. cooked meat or cheese; ½ cup cooked dry beans; 1 lg. egg, 1 cup or 8 oz. yogurt)*	Large Hard boiled Egg Yogurt	-Beef Taco meat -Cheddar cheese -sour cream	Dino Chicken Nuggets w/ dipping sauce	Turkey Slices, turkey bacon, American Cheese w/ ranch packet	-Turkey Pepperoni -Shredded Cheese (sun butter with carrots)
<b>SNACK:</b>	Chex Mix and Orange slices	Mozzarella Stick with WG Rice Krispy Treat	WG Muffin w/ Fresh Pear	WG Cereal Bar with Oranges	WG Snack Bar w/ Choice Fresh Fruit

\*Food item examples are not exhaustive; see USDA's [Summer Food Service Program for Children Nutrition Guide](#) for more information.