

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**MEAL REQUIREMENTS**

Must select at least 3 of the 5 offered components:  
Meat/Meat Alternative;  
Grain; Veggie; Fruit; Milk

ONE SELECTION MUST BE A 1/2 CUP OF FRUIT OR VEGGIE!

You can care for yourself by:

STAYING HYDRATED BY DRINKING LOTS OF WATER

and eating water-rich foods like oranges and grapefruits.

*It's Summer Time*

Chicken Teriyaki Stir-fry  
Cheese Pizza  
Chef's Salad w/ Dinner Roll  
Stir-Fry Vegetables  
Fruit  
Milk

**1**

Crispy Chicken or Spicy Chicken Sandwich  
Cheese Pizza  
Crispy Chicken Salad w/ Dinner Roll  
Sweet Potato Fries  
Fruit  
Milk

A Fruit & Yogurt Plate and a Selection of Fresh Fruits & Vegetables are served Daily

**4**

Boneless Chicken Winge w/ Pretzel & Choice of Sauce  
Cheese Pizza  
Crispy Chicken Salad w/ Dinner Roll  
Tater Tots  
Fruit  
Milk

**5**

Turkey Pot Roast w/ Dinner Roll  
Mashed Potato & Gravy  
Cheese Pizza  
Chef's Salad w/ Dinner Roll  
Corn  
Fruit  
Milk

**6**

Chicken Patty, Bacon, & Cheese Sandwich  
Cheese Pizza  
Crispy Chicken Salad w/ Dinner Roll  
Roasted Carrots  
Fruit  
Milk

**7**

Corn Dog  
Cheese Pizza  
Chef's Salad w/ Dinner Roll  
Baked Beans  
Fruit  
Milk

**8**

Pepperoni Pizza  
Cheese Pizza  
Crispy Chicken Salad w/ Dinner Roll  
Green Peas  
Fruit  
Milk

A Fruit & Yogurt Plate and a Selection of Fresh Fruits & Vegetables are served Daily

**11**

**12**

**13**

**14**

**15**

A Fruit & Yogurt Plate and a Selection of Fresh Fruits & Vegetables are served Daily

**18**

**19**

**20**

**21**

**22**

A Fruit & Yogurt Plate and a Selection of Fresh Fruits & Vegetables are served Daily

**25**

**26**

**27**

**28**

ALL Lunches Must Meet The Required USDA Meal Pattern

**29**

All Lunches Must be Consumed On-Site

A Fruit & Yogurt Plate and a Selection of Fresh Fruits & Vegetables are served Daily