

\*Sides may change based on freshness and availability



# Cold Lunch & Supper Menu } July 2019

monday	tuesday	wednesday	thursday	friday
<b>July 1, 2019</b> Roast Beef & American Cheese - 3.5 oz WG Hoagie Bun - 2 oz Clementine - 1/4 cup Baby Carrots - 1/2 cup 1% Milk - 1 cup Mayo Packet - 1 each	<b>July 2, 2019</b> Chipotle Chicken Strips - 2 oz WG Goldfish - 1 oz Apple Slices - 1/2 cup Snap Peas - 1/4 cup 1% Milk - 1 cup Ranch Packet - 1 each	<b>July 3, 2019</b> Gorilla Garden Salad - 5 oz WG Croutons - 1 oz Italian Dressing - 1 each 1% Milk - 1 cup	<b>July 4, 2019</b> Closed for 4th of July	<b>July 5, 2019</b> Deli Buffalo Chicken & White American Cheese - 3 oz WG Hamburger Bun - 2 oz Applesauce - 1/2 cup Veggie Mix - 1/4 cup Chocolate Milk - 1 cup
<b>July 8, 2019</b> Turkey & Swiss Cheese - 3.5 oz WG Hoagie Bun - 2 oz Applesauce - 1/2 cup Pickle - 1/4 cup 1% Milk - 1 cup Mustard & Mayo - 1 each	<b>July 9, 2019</b> Ranch Chicken Strips - 2 oz WG Goldfish - 1 oz Strawberry Craisins - 1/4 cup Veggie Mix - 1/4 cup 1% Milk - 1 cup Ranch Packet - 1 each	<b>July 10, 2019</b> Taco Salad - 6.5 oz WG Croutons - 1 oz Chipotle Ranch - 1 each 1% Milk - 1 cup	<b>July 11, 2019</b> Jerk Chicken - 2 oz WG Tortilla - 1.5 oz Fruit Salad - 1/2 cup Cucumber Slices - 1/4 cup Chocolate Milk - 1 cup	<b>July 12, 2019</b> BBQ Chicken Sandwich - 2 oz WG Hamburger Bun - 2 oz Pineapple Chunks - 1/2 cup Veggie Mix - 1/4 cup Chocolate Milk - 1 cup
<b>July 15, 2019</b> Roast Beef & American Cheese - 3.5 oz WG Hoagie Bun - 2 oz Clementine - 1/4 cup Baby Carrots - 1/2 cup 1% Milk - 1 cup Mayo Packet - 1 each	<b>July 16, 2019</b> Chipotle Chicken Strips - 2 oz WG Goldfish - 1 oz Apple Slices - 1/2 cup Snap Peas - 1/4 cup 1% Milk - 1 cup Ranch Packet - 1 each	<b>July 17, 2019</b> Gorilla Garden Salad - 5 oz WG Croutons - 1 oz Italian Dressing - 1 each 1% Milk - 1 cup	<b>July 18, 2019</b> Tuna Salad - 3 oz WG Crackers - 1 oz Fruit Salad - 1/2 cup Pickles - 1/4 cup Chocolate Milk - 1 cup	<b>July 19, 2019</b> Deli Buffalo Chicken & White American Cheese - 3 oz WG Hamburger Bun - 2 oz Honeydew Chunks - 1/2 cup Cucumber Slices - 1/4 cup Chocolate Milk - 1 cup
<b>July 22, 2019</b> Turkey & American Cheese - 3 oz WG Hamburger Bun - 2 oz Clementine - 1/4 cup Baby Carrots - 1/2 cup 1% Milk - 1 cup Mustard & Mayo - 1 each	<b>July 23, 2019</b> Ranch Chicken Strips - 2 oz WG Goldfish - 1 oz Applesauce - 1/2 cup Veggie Mix - 1/4 cup 1% Milk - 1 cup Ranch Packet - 1 each	<b>July 24, 2019</b> Buffalo Hummus - 1/2 cup WG Pita Bread - 1 oz Pineapple Chunks - 1/2 cup Broccoli - 1/4 cup 1% Milk - 1 cup Ranch Packet - 1 each	<b>July 25, 2019</b> Jerk Chicken - 2 oz WG Tortilla - 1.5 oz Pear Slices - 1/2 cup Cucumber Slices - 1/4 cup Chocolate Milk - 1 cup	<b>July 26, 2019</b> BBQ Chicken Sandwich - 2 oz WG Hamburger Bun - 2 oz Apple Slices - 1/2 cup Veggie Mix - 1/4 cup Chocolate Milk - 1 cup
<b>July 29, 2019</b> Roast Beef & American Cheese - 3.5 oz WG Hoagie Bun - 2 oz Clementine - 1/4 cup Baby Carrots - 1/2 cup 1% Milk - 1 cup Mayo Packet - 1 each	<b>July 30, 2019</b> Chipotle Chicken Strips - 2 oz WG Goldfish - 1 oz Apple Slices - 1/2 cup Snap Peas - 1/4 cup 1% Milk - 1 cup Ranch Packet - 1 each	<b>July 31, 2019</b> Gorilla Garden Salad - 5 oz WG Croutons - 1 oz Italian Dressing - 1 each 1% Milk - 1 cup		

nut free kitchen!  
scratch cooking

