K-12 Summer Cold Lunch Menu

August 2015

Lunch is free for all students during the summer months. Full student lunch includes choice of entrée (meat or meat alternate w/ grain accompaniments), 2 vegetable sides, 1 fruit side & choice of 1% or skim white milk. Did you know—If you see it in green, it's local and if you see it in blue, the meal has international influence!

Monday	Tuesday	Wednesday	Thursday	Friday
3	**4**	**5**	**6**	**7**
Turkey Ham & Cheese on Whole Grain Bread Fresh Broccoli & Baby Carrots w/ Light Dressing Fresh Apple	Turkey Ranch on Whole Grain Wrap Romaine and Tomato Side Salad Country Potato Salad Fresh Local Peach	Tuna Salad Sandwich on Whole Grain Bread Confetti Coleslaw Fresh Baby Carrots w/ Light Dressing Fresh Local Nectarine	Spicy Chicken Taco Bowl w/ Romaine, Corn, Tomatoes & Cheese w/ Light Ranch Dressing Whole Grain Tortilla Chips Fresh Broccoli w/ Light Dressing Spicy Beans Fresh Local Melon	Turkey Pastrami on Whole Grain Roll Fresh Local Tuscan Kale Salad Fresh Baby Carrots w/ Light Dressing 100% Grape Juice
Daily Vegetarian Alternates: Garden Salad OR* Cheese & Yogurt Plate *with WG Muffin				
10	***11***	***12***	***13***	***14***
Turkey and Cheese on Whole Grain Sub Fresh Local Tuscan Kale Salad Baby Carrots w/ Light Dressing Fresh Apple	French Bistro Sandwich w/ Tomato, Mozzarella and Chicken Sandwich on Whole Grain Roll Fresh Broccoli w/ Light Dressing Country Potato Salad Fresh Local Peach	Turkey Pastrami on Whole Grain Roll Romaine & Tomato Side Salad Baby Carrots w/Light Dressing Fresh Local Nectarine	Turkey Ranch on Whole Grain Wrap Country Potato Salad Cucumber Coins w/Light Dressing Spicy Beans w/ Homemade Tortilla Chips Fresh Local Melon	Chicken Salad Sandwich on Whole Grain Bread Fresh Broccoli & Baby Carrots w/ Light Dressing 100% Grape Juice
Daily Vegetarian Alternates: Caesar Salad OR Cold Bean Dip with Tortilla Chips				
17	***18***	19	***20***	***21***
Turkey Ham & Cheese on Whole Grain Bread Fresh Broccoli & Baby Carrots w/ Light Dressing Fresh Apple	Chicken Caesar on Whole Grain Wrap Romaine and Tomato Side Salad Country Potato Salad Fresh Local Peach	Tuna Salad Sandwich on Whole Grain Bread Confetti Coleslaw Fresh Baby Carrots w/Light Dressing Fresh Local Nectarine	Spicy Chicken Taco Bowl w/ Romaine, Corn, Tomatoes & Cheese w/ Light Ranch Dressing Whole Grain Tortilla Chips Fresh Broccoli w/ Light Dressing Spicy Beans w/ Whole Grain Tortilla Chips Fresh Local Melon	Turkey Ranch on Whole Grain Wrap Fresh Local Tuscan Kale Salad Fresh Baby Carrots w/ Light Dressing 100% Grape Juice
Daily Vegetarian Alternates: Mexican Corn Salad and Tortilla Chips OR Veggie Ranch Wrap on Whole Grain Tortilla				

The Free Summer Meals Program is operated in accordance with U.S. Department of Agriculture policy which does not permit discrimination because of race, color, sex, age, handicap or national origin. Any person who believes that he or she has been discriminated against in any U.S.D.A. activity should write to the Secretary of Agriculture, Washington, D.C. 20250.