



K-12 Summer 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
Italian Bagel Fiesta Black Beans Fresh Baby Carrots w/Light Dressing Fresh Apple	Korean Chicken w/ Ginger Lime Brown Rice Roasted Broccoli Fresh Broccoli Florets w/Light Dressing Fresh Local Peach	Cheeseburger on Whole Grain Bun Sweet Potato Wedges Confetti Coleslaw Fresh Local Nectarine	Cheesy Ukranian Chicken w/ Whole Grain Dinner Roll Fresh Roma Roasted Local Red Potatoes Fresh Romaine & Tomato Side Salad Fresh Local Melon	Turkey Pastrami on Whole Grain Bread Seasoned Carrots Fresh Cucumbers Coins 100% Grape Juice
Daily Vegetarian Alternates: Garden Salad OR Cheese & Yogurt Plate with WG Muffin				
10	11	12	13	14
Tuna Melt on Whole Grain Bread Sweet Potato Wedges Fresh Cucumber & Tomato Salad Fresh Apple	Teriyaki Chicken with Brown Rice Glazed Carrots Fresh Romaine & Tomato Salad Fresh Local Peach	Barbecue Turkey on Whole Grain Bun Baked Beans Fresh Local Tuscan Kale Salad Fresh Local Nectarine	Homemade Cheese Pizza on Whole Grain Crust Green Beans Italiano Fresh Baby Carrots w/Light Dressing Fresh Local Melon	French Bistro Sandwich w/ Tomato, Mozzarella and Chicken Sandwich on Whole Grain Roll Sweet Green Peas 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
Homemade Cheese Pizza on Whole Grain Crust Seasoned Carrots Fresh Cucumber Coins Fresh Apple	Whole Grain Spaghetti w/ Marinara & Turkey Meatballs Green Beans Italiano Fresh Romaine & Tomato Side Salad Fresh Local Peach	Santa Fe Beef Burger on Whole Grain Bun Southwest Pinto Beans Fresh Baby Carrots w/Light Dressing Fresh Local Nectarine	Toasted Two Cheese Sandwich on Whole Grain Bread Sweet Potato Wedges Fresh Cucumber & Tomato Salad Fresh Local Melon	Tuna Salad Sandwich on Whole Grain Bread Seasoned Corn Fresh Local Kale Caesar Salad 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.