

# JULY LUNCH MENU

## Monday

1

Carne Asada Taco  
 STRAWBERRIES, FRESH  
 Salsa, Mexican  
 Romaine Lettuce 1 cup  
 CORN: canned 1/2 cup  
 MILK, 1% Lowfat  
 Milk, Chocolate Hollandia  
 Ketchup  
 Dressing, Ranch Fresh

## Tuesday

2

Field Trip (TK-5th grade)  
 Sesame Place  
  
 Grilled Burgers  
 Mac & Cheese  
 Baked Beans  
 Potato Salad  
 Picnic Greens  
 Soda or Water

## Wednesday

3

Chicken Tenders, Goldkist 6216  
 Tater Tot  
 CARROTS, BABY-CUT, FRESH, PEEL  
 KIWI FRUIT, (CHINESE GOOSEBERRY)  
 MILK, 1% Lowfat  
 Milk, Chocolate Hollandia  
 Ketchup  
 Dressing, Ranch Fresh

## Thursday

4

No ESS

## Friday

5

No ESS

8

Beef and Cheese Soft Taco  
 Caesar Salad  
 CORN: canned 1/2 cup  
 WATERMELON, CHUNKS  
 MILK, 1% Lowfat  
 Milk, Chocolate Hollandia

9

Field Trip (TK-5th grade)  
 Ski Beach  
  
 Corn Dogs  
 Chips  
 Treat  
 Water

10

Chicken Tenders, Goldkist 6216  
 Tater Tot  
 KIWI FRUIT, (CHINESE GOOSEBERRY)  
 CARROTS, BABY-CUT, FRESH, PEEL  
 MILK, 1% Lowfat  
 Milk, Chocolate Hollandia  
 Ketchup  
 Dressing, Ranch Fresh

11

Field Trip (TK-5th grade)  
 SeaWorld  
  
 Pizza  
 Chips  
 Treat  
 Water

12

Pizza, Dominos Cheese  
 Mixed Fruit  
 Romaine Lettuce 1 cup  
 Garbanzo Beans  
 MILK, 1% Lowfat  
 Milk, Chocolate Hollandia  
 Dressing, Ranch Fresh

15

Cheeseburger  
 Tater Tot  
 Baked Beans Veg.  
 WATERMELON, CHUNKS  
 Romaine Lettuce 1 cup  
 MILK, 1% Lowfat  
 Milk, Chocolate Hollandia  
 Ketchup  
 Dressing, Ranch Fresh

16

Field Trip (TK-5th grade)  
 Sesame Place  
  
 Grilled Burgers  
 Mac & Cheese  
 Baked Beans  
 Potato Salad  
 Picnic Greens  
 Soda or Water

17

Chicken Tenders, Goldkist 6216  
 Tater Tot  
 KIWI FRUIT, (CHINESE GOOSEBERRY)  
 CARROTS, BABY-CUT, FRESH, PEEL  
 MILK, 1% Lowfat  
 Milk, Chocolate Hollandia  
 Ketchup  
 Dressing, Ranch Fresh

18

Field Trip (TK-5th grade)  
 Ski Beach  
  
 Grilled Hot Dogs  
 Chips  
 Treat  
 Water

19

Pizza, Domino's Cheezilla  
 Apple Slices, Fresh  
 Caesar Salad  
 Jicama  
 MILK, 1% Lowfat  
 Milk, Chocolate Hollandia

22

Chicken Corn Dog  
 Tater Tot  
 GRAPES, Fresh  
 CELERY STICKS 1/2 cup  
 MILK, 1% Lowfat  
 Milk, Chocolate Hollandia  
 Ketchup  
 Mustard  
 Dressing, Ranch Fresh

23

Field Trip (TK-5th grade)  
 Despicable Me 4 &  
 Dave & Busters  
  
 Choice of Cheese Burger or  
 Chicken Nuggets  
 Fries  
 Soda or Water

24

Chicken Tenders, Goldkist 6216  
 Tater Tot  
 KIWI FRUIT, (CHINESE GOOSEBERRY)  
 CARROTS, BABY-CUT, FRESH, PEEL  
 MILK, 1% Lowfat  
 Milk, Chocolate Hollandia  
 Ketchup  
 Dressing, Ranch Fresh

25

Field Trip (TK-5th grade)  
 SeaWorld  
  
 Chicken Sandwich  
 Chips  
 Treat  
 Water

26

Pizza, Dominos Cheese  
 Mixed Fruit  
 Romaine Lettuce 1 cup  
 Garbanzo Beans  
 MILK, 1% Lowfat  
 Milk, Chocolate Hollandia  
 Dressing, Ranch Fresh

29

Carne Asada Taco  
STRAWBERRIES, FRESH  
Caesar Salad  
CORN: canned, yellow  
Salsa, Mexican  
MILK, 1% Lowfat  
Milk, Chocolate Hollandia

30

Field Trip (TK-5th grade)  
Sesame Place  
  
Grilled Burgers  
Mac & Cheese  
Baked Beans  
Potato Salad  
Picnic Greens  
Soda or Water

31

Chicken Tenders, Goldkist 6216  
Tater Tots  
KIWI FRUIT, (CHINESE GOOSEBERRY)  
CARROTS, BABY-CUT, FRESH, PEEL  
MILK, 1% Lowfat  
Milk, Chocolate Hollandia  
Ketchup  
Dressing, Ranch Fresh