

June Snack & Lunch Menu 2017

(Milk is provided with all lunches) Lunches picked up at 11:00 and served at 11:20 A.M. daily.

Date	Breakfast	LUNCH MENU	PM Snack
1	Toast, pears, and milk	Sloppy Joe, whole wheat bun, tossed green salad, ranch, peaches	Carrots, ranch
2	Cereal, banana, and milk	Tuna Salad, whole wheat crackers, mixed veggies, pears	Strawberries
5	Smoothies, grapes, and milk	Soft chicken tacos, lettuce, salsa, corn, applesauce	Celery, PB, cream cheese
6	Toast, peaches, and milk	Sweet & Sour chicken, brown rice, green beans	Grapes, cheese cubes
7	Granola bars, apples, and milk	Turkey/Cheese sandwich, spinach salad, fresh fruit salad	Pineapple, cottage cheese
8	Cereal, pears, and milk	Cheese pizza, steamed cauliflower, orange wedges	Mixed fruit & popcorn
9	Nutrigrain bar, oranges, and milk	Chicken tenders, baked sweet potato fries, steamed broccoli, wheat bread	Tortilla, PB
12	English muffins, jelly, peaches, and milk	Chicken noodle soup, whole wheat crackers, mixed veggies, pears	Cheese sandwich
13	Cereal, banana, and milk	Macaroni and cheese, steamed broccoli, banana	Pineapple
14	Bagels, cream cheese, pears, and milk	Chicken salad, lettuce, tomatoes, pita pocket, melon cubes	Apples, PB
15	Mandarin oranges, toast, and milk	Sack lunch – ham & salami sub, broccoli, apple, baked chips	Berries
16	½ banana, yogurt, and milk	Pot roast, mashed potatoes, green peas, wheat bread	Mixed fruit
19	Toast, grapes, and milk	Chicken enchilada casserole, refried beans, applesauce	String cheese, crackers
20	Granola bars, peaches, and milk	Hamburger, whole wheat bun, sweet potato fries, peaches	Strawberries, yogurt
21	Cereal, banana and milk	Spaghetti with meat sauce, baked zucchini, banana	Watermelon
22	English muffins, mandarin oranges, and milk	Chicken tenders, ½ baked potato, green beans, wheat roll, orange wedges	Cantaloupe
23	Nutrigrain bar, pears, and milk	Beef and noodles, steamed carrots, tropical fruit	Mixed fruit
26	G.R.O.W. Closed for VBS		
27	G.R.O.W. Closed for VBS		
28	G.R.O.W. Closed for VBS		
29	G.R.O.W. Closed for VBS		
30	G.R.O.W. Closed for VBS		

July Snack & Lunch Menu 2017

(Milk is provided with all lunches) Lunches picked up at 11:00 and served at 11:20 A.M. daily.

Date	Breakfast	LUNCH MENU	PM Snack
3	Granola bars, peaches, and milk	Soft chicken tacos, lettuce, salsa, corn, applesauce	Popcorn
4	G.R.O.W. Closed – Happy 4 th of July		
5	Cereal, ½ banana, and milk	Turkey & cheese sandwich, spinach salad, fresh fruit salad	Blueberries & yogurt
6	English muffin, jelly, pears, and milk	Cheese pizza, steamed cauliflower, orange wedges	Carrots & ranch
7	Granola bars, apple, and milk	Chicken tenders, baked sweet potato fries, steamed broccoli, wheat bread	Watermelon
10	Bagels, cream cheese, pineapple, and milk	Chicken noodle soup, whole wheat crackers, mixed veggies, pears	Tortilla, PB, and jelly
11	½ banana, yogurt and milk	Macaroni and cheese, steamed broccoli, fresh banana	Strawberries & yogurt
12	Cereal mandarin oranges and milk	Chicken salad, lettuce, tomatoes, pita pocket, melon cubes	Mixed fruit
13	Nutrigrain bars, peaches, and milk	Oriental beef stir fry, brown rice, cinnamon applesauce	Grapes & cheese
14	Toast, oranges, and milk	Pot roast, mashed potatoes, green peas, wheat bread	Apple slices
17	Yogurt, strawberries, and milk	Chicken enchilada casserole, refried beans, applesauce	Raspberries
18	Mandarin oranges, granola bar, and milk	Hamburger, whole wheat bun, sweet potato fries, peaches	Cantaloupe
19	English muffins, grapes, and milk	Spaghetti with meat sauce, baked zucchini, banana	Mixed fruit
20	Toast, apple slices, and milk	Chicken tenders, ½ baked potato, green beans, wheat roll, orange wedges	Fruit cups
21	Cereal, ½ banana, and milk	Beef and noodles, steamed carrots, tropical fruit	Yogurt & berries
24	Granola bars, pears, and milk	Chicken fajitas, salsa, orange wedges	Carrots & ranch
25	Bagel, cream cheese, peaches, and milk	Sliced turkey, sweet potatoes, banana, wheat bread	Cheese & crackers
26	Nutrigrain bars, pineapple, and milk	Bread chicken patty, whole wheat bun, buttered corn, mandarin oranges	Watermelon
27	Toast, strawberries, and milk	Sloppy joe, whole wheat bun, tossed salad, ranch, peaches	Peaches
28	Cereal, ½ banana, and milk	Sack lunch – ham & cheese, wheat bread, cucumbers, banana, baked chips	Apple slices & PB
31	Yogurt, mandarin oranges, and milk	Soft chicken tacos, lettuce, salsa, corn, applesauce	Blueberries