



Nutritionized Menu



Monday	Tuesday	Wednesday	Thursday	Friday
7/1 Italian Chicken Steamed Rice Carrot Mash Apples Dinner Roll	7/2 Macaroni & Cheese Green Peas Banana Whole Grain Wheat Bread	7/3 Cheese Pizza Salad Corn Ranch Dressing Fresh Fruit	7/4 School Closed! 	7/5 Turkey & Cheese Wraps Pretzels Mixed Veggies Pears
7/8 Potato & Turkey Ham Casserole Green Beans Apple Whole Grain Dinner Roll	7/9 Baked Beef Mostaccioli Corn Banana Whole Grain Wheat Bread	7/10 Cheese Pizza Salad Corn Ranch Dressing Fresh Fruit	7/11 Buttermilk Pancakes Syrup Hashbrowns Peas & Carrots Applesauce	7/12 Turkey & Cheese Wraps Pretzels Mixed Veggies Cantaloupe
7/15 Crispy Chicken Tender Mashed Potatoes Green Beans Apple Dinner Roll	7/16 Macaroni & Cheese Green Peas Banana Whole Grain Wheat Bread	7/17 Cheese Pizza Salad Corn Ranch Dressing Fresh Fruit	7/18 Buttered Noodles Green Beans Oranges Bread	7/19 Turkey & Cheese Wraps Pretzels Mixed Veggies Watermelon
7/22 Turkey Hotdog (not Rm Cc) Vegetarian Bean Chili Brussel Sprouts Apple (Diced Cantaloupe Rm Cc) Whole Grain Bun	7/23 Chicken Tacos Shredded Cheddar Cheese Shredded Lettuce Diced Carrots Banana Soft Flour Tortilla	7/24 Cheese Pizza Salad Corn Ranch Dressing Fresh Fruit	7/25 Penne Pasta Marinara Sauce Peas Cantaloupe Bread	7/26 Turkey & Cheese Wraps Pretzels Mixed Veggies Oranges
7/29 Italian Chicken Steamed Rice Carrot Mash Apples Dinner Roll	7/30 Macaroni & Cheese Green Peas Banana Whole Grain Wheat Bread	7/31 Cheese Pizza Salad Corn Ranch Dressing Fresh Fruit		

Our Chicken is 100% Natural, no artificial ingredients, no artificial colors, no preservatives. 2015 menus provided by Quality Catering approved by Emily Botma, RDN ~Nutrition information regarding these entrées is available on our website.