

We can all use this month to raise awareness about skin cancer and help people take action to prevent it - both at home and in the community.
*Be cool and wear your shades - UV rays can hurt your eyes!
*Tip: Put sunscreen on 30 minutes before you go outside.

July 2013 SUMMER Breakfast & Lunch Menus

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Main Lunch Entrée Chicken Breast on WG Bun Vegetable, Fruit, Milk</p> <p>Sack Lunch Sandwich Snack & Go</p> <p>Breakfast Whole Grain French Toast Fruit & Milk</p>	<p>2</p> <p>Main Lunch Entrée Chicken Tacos w/ Fixings Vegetable, Fruit, Milk</p> <p>Sack Lunch Sandwich Deli Turkey Sub</p> <p>Breakfast WW Bagel w/ Sunbutter Fruit & Milk</p>	<p>3</p> <p>Main Lunch Entrée Mac & Cheese Vegetable, Fruit, Milk</p> <p>Sack Lunch Sandwich Sunbutter & Jelly Sandwich V</p> <p>Breakfast Fresh Baked WG Muffin w/ Cheese Stick - Fruit & Milk</p>	<p>4</p> <p>No Programming 4th of July</p>	<p>5</p> <p>Main Lunch Entrée Gyro Flatbread Vegetable, Fruit, Milk</p> <p>Sack Lunch Sandwich Cold Chicken Breast Sandwich</p> <p>Breakfast Fruit N'Yogurt Parfait w/ Granola - Fruit & Milk</p>
<p>8</p> <p>Main Lunch Entrée Hamburger on WG Bun Vegetable, Fruit, Milk</p> <p>Sack Lunch Sandwich Snack & Go</p> <p>Breakfast Whole Grain Mini Waffles Fruit & Milk</p>	<p>9</p> <p>Main Lunch Entrée Oven Fried Fish Strips Vegetable, Fruit, Milk</p> <p>Sack Lunch Sandwich Deli Turkey Sub</p> <p>Breakfast WW Bagel w/ Sunbutter Fruit & Milk</p>	<p>10</p> <p>Main Lunch Entrée Taco Salad Vegetable, Fruit, Milk</p> <p>Sack Lunch Sandwich Sunbutter & Jelly Sandwich V</p> <p>Breakfast Fresh Baked WG Muffin w/ Cheese Stick - Fruit & Milk</p>	<p>11</p> <p>Main Lunch Entrée Orange Chicken Vegetable, Fruit, Milk</p> <p>Sack Lunch Sandwich Twin Cheese Sandwich V</p> <p>Breakfast Ultimate WG Breakfast Round Fruit & Milk</p>	<p>12</p> <p>Main Lunch Entrée Party Sub Sandwich Vegetable, Fruit, Milk</p> <p>Sack Lunch Sandwich Cold Chicken Breast Sandwich</p> <p>Breakfast Fruit N'Yogurt Parfait w/ Granola - Fruit & Milk</p>
<p>15</p> <p>Main Lunch Entrée Italian Meatball Sub Vegetable, Fruit, Milk</p> <p>Sack Lunch Sandwich Snack & Go</p> <p>Breakfast Whole Grain French Toast Fruit & Milk</p>	<p>16</p> <p>Main Lunch Entrée All Beef - Grass Fed Hot Dog On WG Bun Vegetable, Fruit, Milk</p> <p>Sack Lunch Sandwich Deli Turkey Sub</p> <p>Breakfast WW Bagel w/ Sunbutter Fruit & Milk</p>	<p>17</p> <p>Main Lunch Entrée Oven Roasted Chicken w/ WG Corn Bread Vegetable, Fruit, Milk</p> <p>Sack Lunch Sandwich Sun Butter & Jelly Sandwich V</p> <p>Breakfast Fresh Baked WG Muffin w/ Cheese Stick - Fruit & Milk</p>	<p>18</p> <p>Main Lunch Entrée Italian Style Pizza V Vegetable, Fruit, Milk</p> <p>Sack Lunch Sandwich Twin Cheese Sandwich V</p> <p>Breakfast Strawberry Granola Pack Fruit & Milk</p>	<p>19</p> <p>Main Lunch Entrée Sloppy Joe on WG Bun Vegetable, Fruit, Milk</p> <p>Sack Lunch Sandwich Cold Chicken Breast Sandwich</p> <p>Breakfast Fruit N'Yogurt Parfait w/ Granola - Fruit & Milk</p>
<p>22</p> <p>Main Lunch Entrée Chicken Breast on WG Bun Vegetable, Fruit, Milk</p> <p>Sack Lunch Sandwich Snack & Go</p> <p>Breakfast Whole Grain Mini Waffles Fruit & Milk</p>	<p>23</p> <p>Main Lunch Entrée Chicken Tacos w/ Fixings Vegetable, Fruit, Milk</p> <p>Sack Lunch Sandwich Deli Turkey Sub</p> <p>Breakfast WW Bagel w/ Sunbutter Fruit & Milk</p>	<p>24</p> <p>Main Lunch Entrée Mac & Cheese Vegetable, Fruit, Milk</p> <p>Sack Lunch Sandwich Sun Butter & Jelly Sandwich V</p> <p>Breakfast Fresh Baked WG Muffin w/ Cheese Stick - Fruit & Milk</p>	<p>25</p> <p>Main Lunch Entrée Pasta w/ Meat/Marinara Sauce V Vegetable, Fruit, Milk</p> <p>Sack Lunch Sandwich Twin Cheese Sandwich V</p> <p>Breakfast Ultimate WG Breakfast Round Fruit & Milk</p>	<p>26</p> <p>Main Lunch Entrée Gyro Flatbread Vegetable, Fruit, Milk</p> <p>Sack Lunch Sandwich Cold Chicken Breast Sandwich</p> <p>Breakfast Fruit N'Yogurt Parfait w/ Granola - Fruit & Milk</p>
<p>29</p> <p>Main Lunch Entrée Hamburger on WG Bun Vegetable, Fruit, Milk</p> <p>Sack Lunch Sandwich Snack & Go</p> <p>Breakfast Whole Grain French Toast Fruit & Milk</p>	<p>30</p> <p>Main Lunch Entrée Oven Fried Fish Strips Vegetable, Fruit, Milk</p> <p>Sack Lunch Sandwich Deli Turkey Sub</p> <p>Breakfast WW Bagel w/ Sunbutter Fruit & Milk</p>	<p>31</p> <p>Main Lunch Entrée Taco Salad Vegetable, Fruit, Milk</p> <p>Sack Lunch Sandwich Sun Butter & Jelly Sandwich V</p> <p>Breakfast Fresh Baked WG Muffin w/ Cheese Stick - Fruit & Milk</p>		

Menus are subject to change based on availability of product.

Veggies May Include:

Baby Carrots • Celery • Cucumbers • Grape Tomatoes • Jicama • Broccoli • Red Onions • Edamame • Zucchini • Cauliflower • Summer Squash • Beets

Fruit May Include:

Apples • Pears • Bananas • Grapes • Oranges • Kiwi • Blueberries • Pineapple • Strawberries • Mango • Applesauce

Menu Key

Ω = Contains Pork
V = Meatless Item
▲ = Known to contain Peanuts