



# July 2017 Lunch Menu



## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

3

Turkey and Cheese Sandwich on Whole Wheat Roll OR Sunbutter & Jelly on WW Bread with Cheese Stick Veggie Cup & Fruit Cup, Milk

4

Ham & Cheese Sandwich on Whole Wheat Roll OR Garden Salad w/ Ham & Cheese OR Sunbutter & Jelly on WW Bread & Cheese Stick Veggie Cup & Fruit Cup, Milk

5

Bagel Meal with Yogurt & Cheese Stick OR Tuna Sandwich on WW Bread OR Sunbutter & Jelly on WW Bread & Cheese Stick Veggie Cup & Fruit Cup, Milk

6

Turkey and Cheese Sandwich on Whole wheat Roll OR Garden Salad W/Turkey & Cheese OR Sunbutter & Jelly on WW Bread & Cheese Stick Veggie Cup & Fruit Cup, Milk

7

Ham & Cheese Sandwich on Whole Wheat Roll OR Sunbutter & Jelly on WW Bread & Cheese Stick Baked Chips Veggie Cup & Fruit Cup, Milk

10

Turkey and Cheese Sandwich on Whole Wheat Roll OR Sunbutter & Jelly on WW Bread with Cheese Stick Veggie Cup & Fruit Cup, Milk

11

Ham & Cheese Sandwich on Whole Wheat Roll OR Garden Salad w/ Ham & Cheese OR Sunbutter & Jelly on WW Bread & Cheese Stick Veggie Cup & Fruit Cup, Milk

12

Bagel Meal with Yogurt & Cheese Stick OR Tuna Sandwich on WW Bread OR Sunbutter & Jelly on WW Bread & Cheese Stick Veggie Cup & Fruit Cup, Milk

13

Turkey and Cheese Sandwich on Whole wheat Roll OR Garden Salad W/Turkey & Cheese OR Sunbutter & Jelly on WW Bread & Cheese Stick Veggie Cup & Fruit Cup, Milk

14

Ham & Cheese Sandwich on Whole Wheat Roll OR Sunbutter & Jelly on WW Bread & Cheese Stick Baked Chips Veggie Cup & Fruit Cup, Milk

17

Turkey and Cheese Sandwich on Whole Wheat Roll OR Sunbutter & Jelly on WW Bread with Cheese Stick Veggie Cup & Fruit Cup, Milk

18

Ham & Cheese Sandwich on Whole Wheat Roll OR Garden Salad w/ Ham & Cheese OR Sunbutter & Jelly on WW Bread & Cheese Stick Veggie Cup & Fruit Cup, Milk

19

Bagel Meal with Yogurt & Cheese Stick OR Tuna Sandwich on WW Bread OR Sunbutter & Jelly on WW Bread & Cheese Stick Veggie Cup & Fruit Cup, Milk

20

Turkey and Cheese Sandwich on Whole wheat Roll OR Garden Salad W/Turkey & Cheese OR Sunbutter & Jelly on WW Bread & Cheese Stick Veggie Cup & Fruit Cup, Milk

21

Ham & Cheese Sandwich on Whole Wheat Roll OR Sunbutter & Jelly on WW Bread & Cheese Stick Baked Chips Veggie Cup & Fruit Cup, Milk

24

Turkey and Cheese Sandwich on Whole Wheat Roll OR Sunbutter & Jelly on WW Bread with Cheese Stick Veggie Cup & Fruit Cup, Milk

25

Ham & Cheese Sandwich on Whole Wheat Roll OR Garden Salad w/ Ham & Cheese OR Sunbutter & Jelly on WW Bread & Cheese Stick Veggie Cup & Fruit Cup, Milk

26

Bagel Meal with Yogurt & Cheese Stick OR Tuna Sandwich on WW Bread OR Sunbutter & Jelly on WW Bread & Cheese Stick Veggie Cup & Fruit Cup, Milk

27

Turkey and Cheese Sandwich on Whole wheat Roll OR Garden Salad W/Turkey & Cheese OR Sunbutter & Jelly on WW Bread & Cheese Stick Veggie Cup & Fruit Cup, Milk

28

Ham & Cheese Sandwich on Whole Wheat Roll OR Sunbutter & Jelly on WW Bread & Cheese Stick Baked Chips Veggie Cup & Fruit Cup, Milk

31

Turkey and Cheese Sandwich on Whole Wheat Roll OR Sunbutter & Jelly on WW Bread with Cheese Stick Veggie Cup & Fruit Cup, Milk

