



Main Lunch Menu – Dairy & Egg Free

July 2025

This institution is an equal opportunity provider.

Serving Sizes are as follows:

12months – 24 months Old – m/ma 1oz, Fruit 1/8 c, vegetable 1/8 c, grain ½ oz, 4oz Plain Whole Milk Alternative (*menu modifications in italics*)

24months – 36 months Old - m/ma 1oz, Fruit 1/8 c, vegetable 1/8 c, grain ½ oz, 4oz Plain 1% Milk Alternative (*menu modifications in italics*)

3–5-Year-Old – m/ma 1.5oz, Fruit ¼ c, vegetable ¼ c, grain ½ oz, 6oz 1% Plain Milk Alternative

School Age – m/ma 2oz, fruit ¼ c, vegetables ¼ c, grain 1oz, 8oz 1% Plain or Chocolate Milk Alternative

Monday	Tuesday	Wednesday	Thursday	Friday
June 30 Turkey Sausage Vegan French Toast Breakfast Potatoes Fruit Cocktail Milk Alternative	July 1 Deli Turkey Slider WGR Slider Roll Carrot Sticks (Chic Peas) Mandarins Milk Alternative	July 2 Chicken BBQ WGR Sandwich Bun Carrot Sticks Orange Slices (Mandarins) Milk Alternative BBQ Lunch	July 3 SunButter & Grape Fruit Spread Sandwich on WGR Bread Fresh Broccoli (Diced Cucumbers) Fruit Cocktail Milk Alternative	July 4 Happy 4th of July
July 7 Turkey on WGR Sandwich Bun Carrot Sticks (Chic Peas) Fruit Cocktail Milk Alternative	July 8 Beef Taco WGR Flour Tortilla Corn Mandarin Oranges Milk Alternative	July 9 WGR Pasta w. Meat Sauce Green Beans Fruit Milk Alternative	July 10 Grilled Chicken WGR Hoagie Roll Peas Blueberries Milk Alternative	July 11 Turey Sausage WGR Bagel Diced Breakfast Potatoes Whole Apple (Fruit Cocktail) Milk Alternative
July 14 Grilled Chicken Sandwich WGR Sandwich Bun Carrots Blueberries Milk Alternative	July 15 Turkey Burger on WGR Bun Corn Ketchup Blueberries Milk Alternative	July 16 Turkey on WGR Sandwich Bun Fresh Broccoli (Cucumbers) Whole Apple (Peaches) Milk Alternative	July 17 Grilled Chicken Green Beans Dinner Roll Fruit Milk Alternative	July 18 Turkey Sausage Vegan French Toast Breakfast Potatoes Fruit Cocktail Milk Alternative
July 21 WGR Chicken Fingers Cooked Carrots Ketchup Mandarins and Strawberries Milk Alternative	July 22 Beef BBQ WGR Sandwich Roll Mixed Vegetables Fruit Milk Alternative	July 23 WGR Pasta w/ Meat Sauce Corn Fruit Milk Alternative	July 24 Grilled Chicken Dinner Roll w/ Butter Roasted Potatoes Fruit Milk Alternative	July 25 Turkey Sausage WGR English Muffin w/ Grape Fruit Spread Breakfast Potatoes Fruit Milk Alternative
July 28 Grilled Chicken Brown Rice, Fresh Broccoli (Peas) Peaches Milk Alternative	July 29 Hamburger WGR Sandwich Bun Mixed Vegetables Ketchup Fruit Milk Alternative	July 30 Turkey on WGR Sandwich Bun Carrot Sticks (diced tomatoes) Fruit Milk Alternative	July 31 Grilled Chicken Brown Rice Celery Sticks (chic peas) Fruit Milk Alternative	August 1 Turkey Sausage WGR Bagel Tomato & Cucumber Salad Fruit Milk Alternative

****ALL GRAIN COMPONENTS ARE WHOLE GRAIN RICH****

Fruit options vary when in season and will be rotated based on availability: Apples, Applesauce, Flavored Applesauce, Banana, Diced Pears, Diced Peaches, Pineapple, Oranges, Pears, Cantaloupe, Honeydew, Strawberries, Fruit Cocktail, Peaches, Mandarin Oranges, Mangos, Blueberries