



Main Lunch Menu – Wheat & Soy 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 (*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 (*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

School Age – m/ma 2oz, fruit ¼ c, vegetables ½ c, grain 1oz, 8oz 1% Plain or Chocolate Milk

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| June 30 Turkey Sausage Rice Carrots Fruit Cocktail Milk | July 1 Turkey Sandwich on GF Bread Carrot Sticks (Chic Peas) Mandarins Milk | July 2 Chicken BBQ GF Sandwich Bun Carrots Orange Slices (Mandarins) Milk BBQ Lunch | July 3 SunButter & Grape Fruit Spread Sandwich on GF Bread String Cheese Fresh Broccoli (Diced Cucumbers) Fruit Cocktail Milk | July 4 Happy 4th of July |
| July 7 Turkey Sandwich on GF Bread Carrot Sticks (Chic Peas) Fruit Cocktail Milk | July 8 Beef Taco Rice Shredded Cheddar Cheese Corn Mandarin Oranges Milk | July 9 Mac & Cheese w/ GF Pasta Green Beans Fruit Milk | July 10 GF Pasta w. Meat Sauce Peas Blueberries Milk | July 11 Turkey Sausage Rice Carrots Whole Apple (Fruit Cocktail) Milk |
| July 14 Grilled Chicken Sandwich w/ American Cheese GF Sandwich Bun Carrots Blueberries Milk | July 15 100% Ground Beef Patty GF Bun Corn Ketchup Blueberries Milk | July 16 Turkey Sandwich on GF Bread Fresh Broccoli (Cucumbers) Whole Apple (Peaches) Milk | July 17 GF Pasta w. Meat Sauce Green Beans Fruit Milk | July 18 Turkey Sausage String Cheese Rice Breakfast Potatoes Fruit Cocktail Milk |
| July 21 Grilled Chicken Carrots Ketchup Mandarins and Strawberries Milk | July 22 Beef BBQ GF Sandwich Roll Mixed Vegetables Fruit Milk | July 23 GF Pasta w/ Meat Sauce Corn Fruit Milk | July 24 Grilled Chicken Rice Roasted Potatoes Fruit Milk | July 25 Turkey Sausage String Cheese Rice Carrots Fruit Milk |
| July 28 Grilled Chicken Brown Rice Fresh Broccoli (Peas) Peaches Milk | July 29 100% Ground Beef Patty GF Bun Mixed Vegetables Ketchup Fruit Milk | July 30 Turkey Sandwich on GF Bread Carrot Sticks (diced tomatoes) Fruit Milk | July 31 GF Pasta w. Meat Sauce Green Beans Celery Sticks (chic peas) Fruit Milk | August 1 Turkey Sausage String Cheese Rice Tomato & Cucumber Salad Fruit Milk |

****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