



## Main Lunch Menu

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
<b>June 30</b> <b>Turkey Sausage</b> String Cheese WGR French Toast Breakfast Potatoes Fruit Cocktail Milk <b>WG Waffle and Veggie Sausage</b>	<b>July 1</b> <b>Deli Turkey Slider w/ American Cheese</b> WGR Slider Roll Mayo Carrot Sticks w/ Ranch (Chic Peas) Mandarins Milk <b>Cheese Sandwich</b>	<b>July 2</b> <b>Chicken BBQ</b> WGR Sandwich Bun Potato Salad Orange Slices (Mandarins) Milk <b>Veggie Burger</b> <b>BBQ Lunch</b>	<b>July 3</b> <b>SunButter &amp; Grape Fruit Spread Sandwich on WGR Bread</b> String Cheese Fresh Broccoli & Ranch Dressing (Diced Cucumbers) Fruit Cocktail Milk	<b>July 4</b>  <b>Happy 4<sup>th</sup> of July</b>
<b>July 7</b> <b>Chicken Salad Sandwich on WGR Sandwich Bun</b> Carrot Sticks (Chic Peas) Ranch Dressing Fruit Cocktail Milk <b>Cheese Sandwich</b>	<b>July 8</b> <b>Beef Taco</b> WGR Flour Tortilla Shredded Cheddar Cheese Corn Mandarin Oranges Milk <b>Bean Taco</b>	<b>July 9</b> <b>Mac &amp; Cheese w/ WGR Pasta</b> Green Beans Fruit Milk	<b>July 10</b> <b>Meatball Hoagie w/ Mozzarella Cheese</b> WGR Hoagie Roll Peas Blueberries Milk <b>Veggie Meatballs w/ Marinara Sauce</b>	<b>July 11</b> <b>Egg Patty &amp; Cheese on WGR Bagel</b> Diced Breakfast Potatoes Whole Apple (Fruit Cocktail) Milk
<b>July 14</b> <b>Grilled Chicken Sandwich w/ American Cheese</b> WGR Sandwich Bun Carrots Blueberries Milk <b>Veggie Burger</b>	<b>July 15</b> <b>Turkey Burger w/ Cheddar Cheese on WGR Bun</b> Corn Ketchup Blueberries Milk <b>Veggie Burger on WG Bun</b>	<b>July 16</b> <b>WGR Chicken Caesar Pasta Salad w/Peas</b> Fresh Broccoli w/ Ranch Dressing (Cucumbers) Whole Apple (Peaches) Milk <b>Edamame Caesar Pasta Salad</b>	<b>July 17</b> <b>BBQ Meatballs</b> Green Beans Dinner Roll Fruit Milk <b>BBQ Veggie Meatballs</b>	<b>July 18</b> <b>Turkey Sausage</b> String Cheese WGR French Toast Breakfast Potatoes Fruit Cocktail Milk <b>WG Waffle and Veggie Sausage</b>
<b>July 21</b> <b>WGR Chicken Fingers</b> Mashed Potatoes Ketchup Mandarins and Strawberries Milk <b>Veggie Nuggets</b>	<b>July 22</b> <b>Beef BBQ</b> WGR Sandwich Roll Mixed Vegetables Fruit Milk <b>Veggie Bean BBQ</b>	<b>July 23</b> <b>WGR Pasta w/ Meat Sauce</b> Corn Fruit Milk <b>Pasta w/ veggie meatballs in marinara sauce</b>	<b>July 24</b> <b>Italian Meatballs w/ Caesar</b> Dinner Roll w/ Butter Roasted Potatoes Fruit Milk <b>Italian Veggie Meatballs w/ Caesar</b>	<b>July 25</b> <b>Egg &amp; Cheese Omelet</b> WGR English Muffin w/ Grape Fruit Spread Breakfast Potatoes Fruit Milk
<b>July 28</b> <b>Chicken &amp; Cheddar Rice Bake</b> Brown Rice, Chicken and Cheddar Cheese Fresh Broccoli w/ Ranch (Peas) Peaches Milk <b>Tofu Cheddar Rice Bake</b>	<b>July 29</b> <b>Hamburger w/ Cheddar Cheese</b> WGR Sandwich Bun Mixed Vegetables Ketchup Fruit Milk <b>Veggie Burger</b>	<b>July 30</b> <b>Italian Pasta Salad w/ Mozzarella, chic peas, turkey pepperoni</b> Carrot Sticks (diced tomatoes) Ranch Dressing Fruit Milk <b>Italian Pasta Salad w/ Edamame</b>	<b>July 31</b> <b>Swedish Meatballs</b> Brown Rice Celery Sticks (chic peas) Ranch Dressing Fruit Milk <b>Veggie Swedish Meatballs</b>	<b>August 1</b> <b>Strawberry Yogurt</b> String Cheese WGR Bagel w/ Cream Cheese 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