



Main Lunch Menu – Dairy & Egg Free

August 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 ½ c, grain 1oz, 8oz 1% Plain or Chocolate Milk Alternative

Monday	Tuesday	Wednesday	Thursday	Friday
July 28	July 29	July 30	July 31	August 1
Grilled Chicken Brown Rice Fresh Broccoli (Peas) Peaches Milk Alternative	Hamburger WGR Sandwich Bun Mixed Vegetables Ketchup Blueberries Milk Alternative	Turkey Sandwich Tomato & Cucumber Salad Mango Milk Alternative	Beef BBQ Brown Rice Celery Sticks (chic peas) Fruit Cocktail Milk Alternative	Sunbutter & Jelly Sandwich Carrot Sticks (diced tomatoes) Clementine (Mandarins) Milk Alternative
August 4	August 5	August 6	August 7	August 8
Turkey Sausage Vegan French Toast Breakfast Potatoes Peaches Milk Alternative	Deli Turkey Slider WGR Slider Roll Carrot Sticks (Diced tomatoes) Pears Milk Alternative	Chicken BBQ WGR Sandwich Bun Carrot Sticks Blueberries Milk Alternative	SunButter & Grape Fruit Spread Sandwich on WGR Bread String Cheese Fresh Broccoli (Diced Cucumbers) Fruit Cocktail Milk Alternative	WGR Chicken Fingers Cooked Carrots Ketchup Mango Milk Alternative
August 11	August 12	August 13	August 14	August 15
Turkey Sandwich Carrot Sticks (Diced Tomatoes) Fruit Cocktail Milk Alternative	Beef Taco WGR Flour Tortilla Corn Blueberries Milk Alternative	Pasta w. Meat Sauce Green Beans Mango Milk Alternative	Beef BBQ WGR Hoagie Roll Peas Clementine (mandarins) Milk Alternative	Turkey Sausage WGR English Muffin Diced Breakfast Potatoes Whole Apple (Applesauce) Milk Alternative
August 18	August 19	August 20	August 21	August 22
Grilled Chicken Sandwich WGR Sandwich Bun Carrots Pineapple Milk Alternative	Turkey Burger on WGR Bun Corn Ketchup Clementine (Mandarins) Milk Alternative	Turkey Sandwich Fresh Broccoli (Cucumbers) Whole Apple (Applesauce) Milk Alternative	Beef BBQ Green Beans Dinner Roll Blueberries Milk Alternative	Turkey Sausage Vegan French Toast Breakfast Potatoes Fruit Cocktail Milk Alternative
August 25	August 26	August 27	August 28	August 29
SunButter & Grape Fruit Spread Sandwich on WGR Bread Fresh Broccoli (Diced Cucumbers) Pears Milk Alternative	Turkey Ham Sandwich on WG Roll Carrot Sticks (Diced tomatoes) Clementine (mandarin) Milk Alternative	Pasta w. Meat Sauce Green Beans Mango Milk Alternative	Chicken BBQ Dinner Roll Roasted Potatoes Pineapple Milk Alternative	Turkey Sausage Vegan French Toast Breakfast Potatoes Whole Apple (Applesauce) 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