



Main Lunch Menu – Wheat & Soy 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 (*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
July 28 Chicken & Cheddar Rice Bake Brown Rice, Chicken and Cheddar Cheese Fresh Broccoli (Peas) Peaches Milk	July 29 Hamburger w/ Cheddar Cheese GF Sandwich Bun Mixed Vegetables Ketchup Blueberries Milk	July 30 Turkey Sandwich on GF Bread Tomato & Cucumber Salad Mango Milk	July 31 Beef BBQ Brown Rice Celery Sticks (chic peas) Fruit Cocktail Milk	August 1 Strawberry Yogurt String Cheese GF Bread Carrot Sticks (diced tomatoes) Clementine (Mandarins) Milk
August 4 Turkey Sausage String Cheese Gluten Free Bread Carrot Sticks Peaches Milk	August 5 Deli Turkey Slider GF Roll Carrot Sticks (Diced tomatoes) Pears Milk	August 6 Chicken BBQ GF Sandwich Bun Carrot Sticks Blueberries Milk	August 7 SunButter & Grape Fruit Spread Sandwich on GF Bread String Cheese Fresh Broccoli (Diced Cucumbers) Fruit Cocktail Milk	August 8 Grilled Chicken Rice Carrots Mango Milk
August 11 Turkey Sandwich on GF Bread Carrot Sticks (Diced Tomatoes) Fruit Cocktail Milk	August 12 Beef Taco Rice Shredded Cheddar Cheese Corn Blueberries Milk	August 13 Mac & Cheese w/ GF Pasta Green Beans Mango Milk	August 14 Beef BBQ GF Hoagie Roll Peas Clementine (mandarins) Milk	August 15 Turkey Sausage Rice Carrots Whole Apple (Applesauce) Milk
August 18 Grilled Chicken Sandwich GF Sandwich Bun Carrots Pineapple Milk	August 19 100% Beef Patty GF Bun Corn Ketchup Clementine (Mandarins) Milk	August 20 Turkey Sandwich on GF Bread Fresh Broccoli (Cucumbers) Whole Apple (Applesauce) Milk	August 21 Beef BBQ Green Beans Rice Blueberries Milk	August 22 Turkey Sausage String Cheese Rice Breakfast Potatoes Fruit Cocktail Milk
August 25 SunButter & Grape Fruit Spread Sandwich on GF Bread String Cheese Fresh Broccoli (Diced Cucumbers) Pears Milk	August 26 Turkey Ham Sandwich on GF Roll Carrot Sticks (Diced tomatoes) Clementine (mandarin) Milk	August 27 Mac & Cheese w/ GF Pasta Green Beans Mango Milk	August 28 Chicken BBQ Rice Cooked Carrots Pineapple Milk	August 29 Turkey Sausage String Cheese Rice Carrots Whole Apple (Applesauce) 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