

Seamless Summer Option (SSO) July Lunch Menu 2019

<p style="text-align: right;">1</p> <p>Chicken Tenders Baked Crinkle Cut Fries Whole Wheat Dinner Roll Assorted 100% Fruit Juice</p> <p>or Cheese Pizza</p>	<p style="text-align: right;">2</p> <p>Flame Broiled Cheeseburger on a Whole Wheat Bun Baked Beans Mandarin Orange Cup</p> <p>or Spicy Chicken Salad</p>	<p style="text-align: right;">3</p> <p>Mozz Sticks with a Whole Wheat Dinner Roll Marinara Sauce Tossed side salad Assorted 100% Fruit Juice or Cheese Pizza</p>	<p style="text-align: right;">4</p> <p style="text-align: center;">No Programs 4th of July Holiday</p>	<p style="text-align: right;">5</p> <p>Chicken Caesar Salad Wrap (Diced white chicken with romaine lettuce and Caesar dressing in a whole wheat wrap) Celery Sticks with Dip Red Grapes or Cheese Pizza</p>
<p style="text-align: right;">8</p> <p>Chicken Tenders Baked Crinkle Cut Fries Whole Wheat Dinner Roll Fresh Apple</p> <p>or Cheese Pizza</p>	<p style="text-align: right;">9</p> <p>Yogurt Parfait with Fruit and Graham Cracker Topping Cucumber Spears with Dip Assorted 100% Fruit Juice</p> <p>or Spicy Chicken Salad</p>	<p style="text-align: right;">10</p> <p>Beef Nachos (Seasoned ground beef served over WG tortilla chips with shredded cheese and Lettuce) Mild Salsa Orange or Cheese Pizza</p>	<p style="text-align: right;">11</p> <p>Turkey Hot Dog on a whole Wheat Bun Baked Beans Peach Cup</p> <p>or Chicken Caesar Salad</p>	<p style="text-align: right;">12</p> <p>Turkey and Cheese Wrap Broccoli with Dip Assorted 100% Fruit Juice</p> <p>or Cheese Pizza</p>
<p style="text-align: right;">15</p> <p>Chicken Tenders Baked Crinkle Cut Fries Whole Wheat Dinner Roll Assorted 100% Fruit Juice</p> <p>or Cheese Pizza</p>	<p style="text-align: right;">16</p> <p>Flame Broiled Cheeseburger on a Whole Wheat Bun Baked Beans Mandarin Orange Cup</p> <p>or Spicy Chicken Salad</p>	<p style="text-align: right;">17</p> <p>Mozz Sticks with a Whole Wheat Dinner Roll Marinara Sauce Tossed side salad Assorted 100% Fruit Juice or Cheese Pizza</p>	<p style="text-align: right;">18</p> <p>Toasted Egg and Cheese on a Whole Wheat Bagel Baby Carrots with Dip Apple Sauce Cup</p> <p>or Chicken Caesar Salad</p>	<p style="text-align: right;">19</p> <p>Chicken Caesar Salad Wrap (Diced white chicken with romaine lettuce and Caesar dressing in a whole wheat wrap) Celery Sticks with Dip Red Grapes or Cheese Pizza</p>
<p style="text-align: right;">22</p> <p>Chicken Tenders Baked Crinkle Cut Fries Whole Wheat Dinner Roll Fresh Apple</p> <p>or Cheese Pizza</p>	<p style="text-align: right;">23</p> <p>Yogurt Parfait with Fruit and Graham Cracker Topping Cucumber Spears with Dip Assorted 100% Fruit Juice</p> <p>or Spicy Chicken Salad</p>	<p style="text-align: right;">24</p> <p>Beef Nachos (Seasoned ground beef served over WG tortilla chips with shredded cheese and Lettuce) Mild Salsa Orange or Cheese Pizza</p>	<p style="text-align: right;">25</p> <p>Turkey Hot Dog on a whole Wheat Bun Baked Beans Peach Cup</p> <p>or Chicken Caesar Salad</p>	<p style="text-align: right;">26</p> <p>Turkey and Cheese Wrap Broccoli with Dip Assorted 100% Fruit Juice</p> <p>or Cheese Pizza</p>
<p style="text-align: right;">29</p> <p>Chicken Tenders Baked Crinkle Cut Fries Whole Wheat Dinner Roll Assorted 100% Fruit Juice</p> <p>or Cheese Pizza</p>	<p style="text-align: right;">30</p> <p>Flame Broiled Cheeseburger on a Whole Wheat Bun Baked Beans Mandarin Orange Cup</p> <p>or Spicy Chicken Salad</p>	<p style="text-align: right;">31</p> <p>Mozz Sticks with a Whole Wheat Dinner Roll Marinara Sauce Tossed side salad Assorted 100% Fruit Juice or Cheese Pizza</p>		

Fat free Chocolate milk and white milk, 1% milk, lactose free milk, assorted condiments, a variety of fresh vegetables and assorted fruits are available daily as part of any school lunch. Menus are subject to change. Please call 860/704-4519 for further information.

This institution is an equal opportunity provider.

