



What's on the Menu?



Mill July Lunch Menu

Staff Price \$4.35

Monday	Tuesday	Wednesday	Thursday	Friday
3	4 	5 Turkey and Cheese Sandwich 	6 Classic Cheese Pizza 	7 Classic Cheeseburger 
Week 1 :1) Hot 2) Muffin Fun Lunch				
10 Turkey Hot Dog 	11 Beef Nachos Shredded Romaine Fresh Diced Tomatoes Salsa and Sour Cream 	12 Turkey and Cheese Sandwich 	13 Classic Cheese Pizza 	14 Classic Cheeseburger 
Week 2 :1) Hot 2) Bagel Fun Lunch				
17 Turkey Hot Dog 	18 Beef Nachos Shredded Romaine Fresh Diced Tomatoes Salsa and Sour Cream 	19 Turkey and Cheese Sandwich 	20 Classic Cheese Pizza 	21 Classic Cheeseburger 
Week 3: 1) Hot Lunch 2) Nacho Fun Lunch				
24 Turkey Dog 	25 Beef Nachos Shredded Romaine Fresh Diced Tomatoes Salsa and Sour Cream 	26 Turkey and Cheese Sandwich 	27 Classic Cheese Pizza 	28 Classic Cheeseburger 
Week 4: 1) Hot Lunch 2) Cereal Fun Lunch				
				
Fresh Fruit and Vegetable Bar (Available Daily)				
Sliced Cucumber Fresh Carrots Assorted Fresh Fruit (LG) Assorted Chilled Fruit	Pepper Strips Fresh Grape Tomatoes Assorted Fresh Fruit (LG) Assorted Chilled Fruit	Fresh Caesar Salad Carrot and Celery Assorted Fresh Fruit (LG) Assorted Chilled Fruit	Fresh Broccoli Florets Garbanzo Beans Assorted Fresh Fruit (LG) Assorted Chilled Fruit	Classic Potato Salad Power Peas Assorted Fresh Fruit (LG) Assorted Chilled Fruit



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THE 5 MEAL COMPONENTS FOR A SCHOOL LUNCH ARE MEAT/MEAT ALTERNATE, GRAIN, FRUIT, VEGETABLE AND MILK CHOICES THAT INCLUDE 1% WHITE, FAT FREE STRAWBERRY, FAT FREE CHOCOLATE.

CHOOSE AT ATLEAST 3 INCLUDING : 1/2 CUP OF FRUIT OR VEGETABLE AND AT LEAST TWO OTHER FULL COMPONENTS. FOR BEST NUTRITION: **CHOOSE ALL 5!!!**

