Lunch July 2026

WGR – Whole Grain WW – Whole Wheat MGR – Multi Grain

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Protein- Ounce/4 Ounces Vegetables ⅛ Cup, 2 tbsp Fruit ⅛ Cup, 2 tbsp Grains - ½ Slice/Serving ¼ Cup			1 Cheese & Chicken Pizza Carrot Sticks With Ranch Dressing Banana Slices Milk & Water	2 Chicken Tenders Mashed Potatoes Steamed Peas Pineapple Chunks Milk & Water	3 **School Closed Independence Day**	4 **Size Servings Ages 3-5** 6 Fluid Ounces 1% milk Protein1.5 Ounces/6 Ounces ½ Cup, ¾ Cup, ⅜ Cup Vegetables/Fruit ¼ Cup Grains ½ Slice/Serving ¼ Cup
5 **Size Servings Ages 1-2** 4 Fluid Ounces Whole Milk Protein- Ounce/4 Ounces Vegetables ⅛ Cup, 2 tbsp Fruit ⅛ Cup, 2 tbsp Grains - ½ Slice/Serving ¼ Cup	6 (WG) Fettuccini Alfredo With Chicken Mixed Vegetables Fruit Cocktail Milk and Water	7 (WG) Chicken Noodle Stir Fry Steamed Broccoli Orange Slices Milk & Water	8 (WW) Turkey & Cheese Sandwiches Carrots with Ranch Dressing Banana Milk & Water	9 Cheese Quesadillas Spanish Rice Refried Beans Apple Slices Milk and Water	10 Sloppy Joes on a (WW) Bun Peas and Carrots Orange Slices Milk & Water	11 **Size Servings Ages 3-5** 6 Fluid Ounces 1% milk Protein1.5 Ounces/6 Ounces ½ Cup, ¾ Cup, ⅜ Cup Vegetables/Fruit ¼ Cup Grains ½ Slice/Serving ¼ Cup
12 **Size Servings Ages 1-2** 4 Fluid Ounces Whole Milk Protein- Ounce/4 Ounces Vegetables ⅛ Cup, 2 tbsp Fruit ⅛ Cup, 2 tbsp Grains - ½ Slice/Serving ¼ Cup	13 (WG) Spaghetti with Meat Sauce Steamed Green Beans Peach Slices Milk and Water	14 Chicken Fried Rice Steamed Broccoli Pineapple Chunks Milk & Water	15 (WW) Grilled Cheese Sandwiches Carrots with Ranch Dressing Banana Milk & Water	16 (WW) Cheese & Bean Burritos Spanish Rice Steamed Green Beans Peach Slices Milk & Water	17 Chicken Burgers with Cheese (WW) Bun Carrots w/ Ranch Apple & Orange Slices Milk & Water	18 **Size Servings Ages 3-5** 6 Fluid Ounces 1% milk Protein1.5 Ounces/6 Ounces ½ Cup, ¾ Cup, ⅜ Cup Vegetables/Fruit ¼ Cup Grains ½ Slice/Serving ¼ Cup
19 **Size Servings Ages 1-2** 4 Fluid Ounces Whole Milk Protein- Ounce/4 Ounces Vegetables ⅛ Cup, 2 tbsp Fruit ⅛ Cup, 2 tbsp Grains - ½ Slice/Serving ¼ Cup	20 (WG) Cheese Ravioli With Marinara Sauce Mixed Vegetables Garlic Bread Fruit Cocktail Milk & Water	21 BBQ Chicken Steamed Rice Broccoli Mandarin Oranges Milk & Water	22 Chicken Nuggets Mashed Potatoes (WW) Bun Peas Orange Slices Milk & Water	23 (WG) Soft Chicken Tacos Mexican Rice Pinto Beans Banana Slices Milk & Water	24 Popcorn Chicken w/BBQ Sauce Mashed Potatoes Sweet Corn Apple Slices Milk & Water	25 **Size Servings Ages 3-5** 6 Fluid Ounces 1% milk Protein1.5 Ounces/6 Ounces ½ Cup, ¾ Cup, ⅜ Cup Vegetables/Fruit ¼ Cup Grains ½ Slice/Serving ¼ Cup
26 **Size Servings Ages 1-2** 4 Fluid Ounces Whole Milk Protein- Ounce/4 Ounces Vegetables ⅛ Cup, 2 tbsp Fruit ⅛ Cup, 2 tbsp Grains - ½ Slice/Serving ¼ Cup	27 (WG) Baked Ziti with Mozzarella & Marinara Sauce Green Beans Garlic Bread Apple Slices Milk & Water	28 Teriyaki Chicken Steamed Rice Steamed Broccoli Mandarin Oranges Milk and Water	20 (WW) Chicken Salad Sandwich Carrots Sticks Fruit Cocktail Milk & Water	30 Chicken and Cheese Flautas Spanish Rice Black Beans Peach Slices Milk & Water	31 (WW) Macaroni & Cheese Steamed Peas Pear Slices Milk & Water	**Size Servings Ages 3-5** 6 Fluid Ounces 1% milk Protein1.5 Ounces/6 Ounces ½ Cup, ¾ Cup, ⅜ Cup Vegetables/Fruit ¼ Cup Grains ½ Slice/Serving ¼ Cup