

# JULY SUMMER LUNCH MENU



<p>6 <b>Thai Turkey Wrap</b> Turkey ~ 2 oz Cheese ~ 1 oz WW Bread ~ 1 oz Apple ~ 1/2 c Grape Tomato ~ 1/2 c Milk ~ 8 oz</p>	<p>7 <b>Rainbow Pasta Bowl</b> Cubed Cheese ~ 2 oz Tomato &amp; Cucumbers ~ 1/2 c Apple ~ 1/2 c WW Dinner Roll ~ 1 oz Pasta ~ 4 oz Milk ~ 8 oz</p>	<p>8 <b>THE SUBMARINE</b> Tuna ~ 4 oz WW Sub Roll ~ 1 oz Cupped pears ~ 1/2 c Celery Sticks ~ 1/2 c Milk ~ 8 oz BAKED POTATO CHIPS</p>	<p>9 <b>CHICKEN RANCH WRAP</b> WW Tortilla wrap ~ 1 oz Chicken Strips ~ 3 oz Shredded Cheese ~ 1 oz Lettuce &amp; Tomato ~ 1/2 c Apple ~ 4 oz Milk ~ 8 oz</p>	<p>10 <b>Chicken Caesar Salad</b> Chicken Strips ~ 2 oz Romaine Lettuce ~ 1 c Cheese ~ 1 oz WW Tortilla Wrap ~ 1 oz Cupped peaches ~ 1/2 c Milk ~ 8 oz</p>
<p>13 <b>Sunbutter &amp; Jelly</b> 1 oz Jelly ~ 1 oz WW Bread ~ 1 oz Cheese Stick ~ 1 oz Apples ~ 1/2 C Carrot Sticks ~ 1/2 C Milk ~ 8 oz</p>	<p>14 <b>THAI TURKEY WRAP</b> Turkey ~ 3 oz WW Tortilla Wrap ~ 1 oz Lettuce ~ 1/2 c Sunbutter Sauce ~ 1 oz Pineapple ~ 1/2 C Carrot Sticks ~ 1/2 C Milk ~ 8 oz</p>	<p>15 <b>MEDITERRANEAN VEGGIE WRAP</b> WW Tortilla Wrap ~ 1 oz cucumber, Tomatoes Spinach &amp; Hummus ~ 1 C Feta Cheese ~ 1 oz Mango Chunks ~ 1/2 C Milk ~ 8 oz COOKIE TREAT</p>	<p>16 <b>Rainbow Pasta Bowl</b> Cubed Cheese ~ 2 oz Tomato &amp; Cucumbers ~ 1/2 c Apple ~ 1/2 c WW Dinner Roll ~ 1 oz Pasta ~ 4 oz Milk ~ 8 oz</p>	<p>17 <b>Chicken Caesar Salad</b> Chicken Strips ~ 2 oz Romaine Lettuce ~ 1 c Cheese ~ 1 oz WW Tortilla Wrap ~ 1 oz Cupped peaches ~ 1/2 c Milk ~ 8 oz</p>
<p>20 <b>SOUTHWEST CHICKEN TACO WRAP</b> WW Tortilla ~ 1 oz Diced Chicken ~ 3 oz Lettuce ~ 1/2 c Corn &amp; Black Bean ~ 1/2 c Mango Chunks ~ 1/2 c Milk ~ 8 oz</p>	<p>21 <b>Turkey &amp; Cheese Sandwich</b> Turkey ~ 2 oz Cheese ~ 1 oz WW Bread ~ 1 oz Orange Wedges ~ 1/2 C Cucumbers ~ 1/2 c Milk ~ 8 oz</p>	<p>22 <b>CHICKEN RANCH WRAP</b> WW Tortilla wrap ~ 1 oz Chicken Strips ~ 3 oz Shredded Cheese ~ 1 oz Lettuce ~ 1/2 c Orange Wedges ~ 1/2 C Milk ~ 8 oz</p>	<p>23 <b>THE SUBMARINE</b> Tuna ~ 4 oz WW Sub Roll ~ 1 oz Cupped pears ~ 1/2 c Celery Sticks ~ 1/2 c Milk ~ 8 oz BAKED POTATO CHIPS</p>	<p>24 <b>MID SUMMER BASH</b> Chicken Salad ~ 1/2 c WW Tortilla Wrap ~ 1 oz W/ Lettuce &amp; Tomato ~ 1/2 C Fresh Watermelon ~ 1/2 c Baked Chips ~ 1 oz Milk ~ 8 oz CAKE FOR DESSERT !!</p>
<p>27 <b>Sunbutter &amp; Jelly</b> Jelly ~ 1 oz WW Bread ~ 1 oz Cheese Stick ~ 1 oz Apples ~ 1/2 C Carrot Sticks ~ 1/2 C Milk ~ 8 oz</p>	<p>28 <b>THAI TURKEY WRAP</b> Turkey ~ 3 oz WW Tortilla Wrap ~ 1 oz Lettuce ~ 1/2 c Sunbutter Sauce ~ 1 oz Pineapple ~ 1/2 C Carrot Sticks ~ 1/2 C Milk ~ 8 oz</p>	<p>29 <b>MEDITERRANEAN VEGGIE WRAP</b> WW Tortilla Wrap ~ 1 oz cucumber, Tomatoes Spinach &amp; Hummus ~ 1 C Feta Cheese ~ 1 oz Cupped Pineapple ~ 1/2 C Milk ~ 8 oz COOKIE TREAT</p>	<p>30 <b>Rainbow Pasta Bowl</b> Cubed Cheese ~ 2 oz Tomato &amp; Cucumbers ~ 1/2 c Apple ~ 1/2 c WW Dinner Roll ~ 1 oz Pasta ~ 4 oz Milk ~ 8 oz</p>	<p>31 <b>Chicken Caesar Salad</b> Chicken Strips ~ 2 oz Romaine Lettuce ~ 1 c Cheese ~ 1 oz WW Tortilla Wrap ~ 1 oz Cupped peaches ~ 1/2 c Milk ~ 8 oz</p>