

2026 ~ August Summer Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3 <u>CHICKEN RANCH WRAP</u> WG Tortilla Wrap ~ 1 oz Chicken Strips ~ 3 oz Shredded Cheese ~ 1 oz Lettuce & Tomato ~ ½ c Fruit Cocktail ~ 4 oz Milk ~ 8 oz	4 Turkey ~ 2 oz Cheese ~ 1 oz WG Wheat Bread ~ 1 oz Orange Wedges ~ 4 oz Carrot Sticks ~ ½ c Milk ~ 8 oz	5 <u>MEDITERRANEAN VEGGIE WRAP</u> WG Tortilla Wrap ~ 1 oz Cucumber , Tomatoes Spinach & Hummus ~ 1 C Feta Cheese ~ 1 oz Cupped Peaches ~ 4 oz Milk ~ 8 oz COOKIE TREAT	6 <u>THE SUBMARINE</u> Tuna ~ 4 oz WG Sub Roll ~ 1 oz Pickles ~ 1 oz Cupped pears ~ ½ c Cucumber wheels ~ ½ c Milk ~ 8 oz BAKED POTATO CHIPS	7 <u>CHICKEN CAESAR SALAD</u> Chicken Strips ~ 2 oz Chopped lettuce ~ 1 c Cheese ~ 1 oz WG Tortilla Wrap ~ 1 oz Cupped peaches ~ ½ c Milk ~ 8 oz
10 Sunbutter ~ 1 oz Jelly ~ 1 oz WG wheat Bread ~ 1 oz Cheese Stick ~ 1 oz Apple ~ ½ c Tomato & Cucumbers ~ ½ c Milk ~ 8 oz	11 <u>THAI TURKEY WRAP</u> WG Tortilla Wrap ~ 1 oz Turkey ~ 3 oz Lettuce ~ ½ c Sunbutter Sauce ~ 1 oz Cupped Pineapple ~ ½ c Carrot Sticks ~ ½ c Milk ~ 8 oz	12 <u>SOUTHWEST CHICKEN TACO WRAP</u> WG Tortilla Wrap ~ 1 oz Diced Chicken ~ 3 oz Lettuce ~ ½ c Corn & Black Bean Salad ~ ½ c Mango Chunks ~ ½ c Milk ~ 8 oz	13 <u>Rainbow Pasta Bowl</u> Cubed Cheese ~ 2 oz Tomato & Cucumbers ~ ½ c Apple ~ ½ c WW Dinner Roll ~ 1 oz Pasta ~ 4 oz Milk ~ 8 oz	14 <u>CHICKEN CAESAR SALAD</u> Chicken Strips ~ 2 oz Chopped lettuce ~ 1 c Cheese ~ 1 oz WG Tortilla Wrap ~ 1 oz Cupped peaches ~ ½ c Milk ~ 8 oz
Turkey & American Cheese Sandwich on Wheat Bread Fruit cup	Cheese Pizza!	Turkey & American Cheese Sandwich on Wheat Bread Fruit cup		Cheese Pizza!