



JULY LUNCH MENU

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

3 Grilled Cheese on Whole Wheat Cucumber & Tomato Salad	4 	5 Chicken Pasta Primavera w/ Carrots and Broccoli Watermelon Slices	6 BBQ Chicken Legs Whole Wheat Dinner Roll Sautéed Asparagus Apple Slices	7 Wow Butter and Banana Sandwiches on Whole Wheat Veggie Sticks w/dip
10 Turkey Spaghetti w/Marinara Salad Whole Wheat Garlic Bread	11 Italian Bagels with Bell Peppers Garden Salad Fresh Fruit	12 Turkey Burger on Whole Wheat Bun w/ Sliced Tomatoes, Lettuce and Cheese Fresh Fruit	13 Cheese Tortellini w/ Butter Garlic Sauce Salad Whole Wheat Garlic Bread	14 Chicken Adobo Watermelon Slices
17 Chicken Pasta Primavera w/ Carrots and Broccoli Watermelon Slices	18 Taco Tuesday! Seasoned Chicken Corn Tortillas w/lettuce, tomatoes, and cheese	19 Chicken Teriyaki Sautéed Broccoli Steamed rice Fresh Fruit	20 Turkey Stroganoff w/ Green Beans Fresh Fruit	21 Italian Bagels with Bell Peppers Garden Salad Fresh Fruit
24 Turkey Burger on Whole Wheat Bun w/ Sliced Tomatoes, Lettuce and Cheese Fresh Fruit	25 Breakfast For Lunch! Turkey Sausage w/ Pancakes & Fruit Salad	26 Turkey Spaghetti w/Marinara Salad Whole Wheat Garlic Bread	27 Herb Roasted Chicken Legs & Mashed Potatoes Fresh Fruit	28 Wow Butter and Banana Sandwiches on Whole Wheat Veggie Sticks w/dip
31 Grilled Cheese on Whole Wheat Cucumber & Tomato Salad				

Fruit of the Month

- **Strawberries**
- **Black Plums**
- **Caped Gooseberries**
- **Cantaloupe**
- **Honeydew**
- **Watermelon**
- **White Peaches**
- **Blueberries**
- **Champaign Grapes**

- Water is served with every meal and is our **primary** source of beverage.
- All meals are served Family Style
- A half serving of a fruit and a vegetable is served with every meal and provided by *The Fruit Guys*.
- All meals are homemade and do not include anything fried, re-heated or with trans-fat.
- Only whole grain and whole wheat foods are provided.

