

SUMMER 2022 Fairmount Lunch Menu

Monday 7/4	Tuesday 7/5	Wednesday 7/6 National Fried Chicken Day	Thursday 7/7 National Macaroni Day	Friday 7/8
	<p>Cheese Pizza on Whole Grain Crust</p> <p>California Blend Vegetables, Sweet Potato Fries</p> <p>Apple Slices, 100% Fruit Juice</p> <p>1% Milk or FF Chocolate Milk</p>	<p>Oven Fried Chicken Breast and Waffles with Sugar Free Syrup</p> <p>Local Sweet Corn on the Cob Home-style Potato Salad</p> <p>Diced Pears, 100% Fruit Juice</p> <p>1% Milk or FF Chocolate Milk</p>	<p>Grilled Cheeseburger on a Whole Grain Bun with Lettuce and Tomato</p> <p>Macaroni Salad Baked Fries</p> <p>Diced Pears, 100% Fruit Juice</p> <p>1% Milk or FF Chocolate Milk</p>	
Monday 7/11	Tuesday 7/12	Wednesday 7/13 National French Fry Day	Thursday 7/14 National Mac and Cheese Day	Friday 7/15
<p>Cheese Pizza on Whole Grain Crust</p> <p>Steamed Broccoli Herb and Garlic Roasted Local Potatoes</p> <p>Tropical Fruit Salad, 100% Fruit Juice</p> <p>1% Milk or FF Chocolate Milk</p>	<p>Ground Beef Soft Tacos with Shredded Lettuce, Diced Tomato, Shredded Cheese, Sour Cream and Salsa</p> <p>Key Largo Vegetables Spanish Rice</p> <p>Watermelon, 100% Fruit Juice</p> <p>1% Milk or FF Chocolate Milk</p>	<p>Pulled Pork Barbecue Sandwich on a Kaiser Roll</p> <p>Baked French Fries Cole Slaw</p> <p>Apple Sauce, 100% Fruit Juice</p> <p>1% Milk or FF Chocolate Milk</p>	<p>Homemade Baked Macaroni and Cheese</p> <p>Marinated Cucumber and Tomato Salad Red Potato Salad</p> <p>Fresh Fruit Salad, 100% Fruit Juice</p> <p>1% Milk or FF Chocolate Milk</p>	
Monday 7/18	Tuesday 7/19	Wednesday 7/20 National Hot Dog Day	Thursday 7/21	Friday 7/22
<p>Cheese Pizza on Whole Grain Crust</p> <p>Sweet Potato Fries Steamed Green Beans</p> <p>Diced Peaches, 100% Fruit Juice</p> <p>1% Milk or FF Chocolate Milk</p>	<p>Ground Beef Soft Tacos with Shredded Lettuce, Diced Tomato, Shredded Cheese, Sour Cream and Salsa</p> <p>Spanish Rice Roasted Plantains</p> <p>Apple Slices, 100% Fruit Juice</p> <p>1% Milk or FF Chocolate Milk</p>	<p>All Beef Hot Dog with Ketchup and Mustard on a Whole Grain Bun</p> <p>Oven Baked Fries, Italian Vegetable Blend</p> <p>Diced Pears, 100% Fruit Juice</p> <p>1% Milk or FF Chocolate Milk</p>	<p>Baked Whole Grain Fish Sticks with Tarter Sauce</p> <p>Scented Jasmine Rice Mediterranean Blend Vegetables</p> <p>Mixed Grapes, 100% Fruit Juice</p> <p>1% Milk or FF Chocolate Milk</p>	
Monday 7/25	Tuesday 7/26 National Tofu Day	Wednesday 7/27 National Chicken Finger Day	Thursday 7/28	Friday 7/29
<p>Cheese Pizza on Whole Grain Crust</p> <p>Steamed Green Beans Garden Salad with Low Fat Dressing</p> <p>Tropical Fruit Salad, 100% Fruit Juice</p> <p>1% Milk or FF Chocolate Milk</p>	<p>Oven Fried Chicken Sandwich with Lettuce, Tomatoes, and Pickles</p> <p>Marinated Grilled Tofu (tasting) Sautéed Zucchini and Onions Rice Pilaf</p> <p>Watermelon, 100% Fruit Juice</p> <p>1% Milk or FF Chocolate Milk</p>	<p>Baked Chicken Fingers with Honey Mustard Dipping Sauce</p> <p>California Blend Vegetables Baked Fries</p> <p>Apple Sauce, 100% Fruit Juice</p> <p>1% Milk or FF Chocolate Milk</p>	<p>Grilled Cheeseburger on a Whole Grain Roll with Lettuce and Tomato</p> <p>Macaroni Salad Local Corn on the Cob</p> <p>Fresh Fruit Salad, 100% Fruit Juice</p> <p>1% Milk or FF Chocolate Milk</p>	
Monday 8/1	Tuesday 8/2	Wednesday 8/3 National Watermelon Day	Thursday 8/4 National Chocolate Chip Cookie Day	Friday 8/5
<p>Cheese Pizza on Whole Grain Crust</p> <p>Baked Sweet Potato Fries Steamed Broccoli</p> <p>Diced Peaches, 100% Fruit Juice</p> <p>1% Milk or FF Chocolate Milk</p>	<p>Spaghetti and Meatballs with Marinara</p> <p>Squash and Zucchini Casserole Seasoned Green Beans</p> <p>Apple Slices, 100% Fruit Juice</p> <p>1% Milk or FF Chocolate Milk</p>	<p>Mini Corn Dogs with Honey Mustard Dipping Sauce</p> <p>Cole Slaw Baked Fries</p> <p>Apple Sauce, 100% Fruit Juice</p> <p>1% Milk or FF Chocolate Milk</p>	<p>Honey Mustard Turkey Breast Cutlet</p> <p>Rice Pilaf German Blend Vegetables</p> <p>Mixed Grapes, 100% Fruit Juice</p> <p>1% Milk or FF Chocolate Milk</p>	