

JULY MENU HIGH SCHOOL 2017-2018

Monday 7/3	Tuesday 7/4	Wednesday 7/5	Thursday 7/6
<p>Beef WG Lo Mien with WW Roll OR Grilled Cheese WW Sandwich with Tomato Soup OR Fresh Salad + Dressing with WG Roll Green Peas Fresh Mixed Vegetables Fresh Fruit and Pineapple 1% Milk or FF Chocolate Milk</p>		<p>Cheesy Beef Casserole with Carrot Coins, Confetti Coleslaw and WG Roll OR Fresh Salad Dressing with WG Roll Apple Juice and Fresh Orange 1% Milk or FF Chocolate Milk</p>	<p>BBQ Chicken or Cheese Pizza on WG OR Southwestern Turkey Burger on WW Bun Lettuce, Tomato Ketchup OR Fresh Salad/Dressing/WG Roll</p> <p>Spicy Baked Beans Tossed Salad with Dressing Fresh Fruit and Pears 1% Milk or FF Chocolate Milk</p>
Monday 7/10	Tuesday 7/11	Wednesday 7/12	Thursday 7/13
<p>Roast Turkey, WG Stuffing, WW Roll + Gravy OR Sloppy Joe Sandwich on WW Bun OR Fresh Salad + Dressing with WG Roll Mashed Potatoes Broccoli Florets Fresh Fruit and Peaches 1% Milk or FF Chocolate Milk</p>	<p>Salisbury Steak with WG Roll OR Spicy Chicken on WG Bun OR Fresh Salad + Dressing with WG Roll Green Beans Marinated Vegetable Salad Fresh Fruit and Fresh Fruit Mix 1% Milk or FF Chocolate Milk</p>	<p>Taco Casserole with Carrot Coins, SW Coleslaw, + WG Roll OR Fresh Salad + Dressing with WG Roll Orange Juice and Fresh Apple 1% Milk or FF Chocolate Milk</p>	<p>Hamburger or Cheese Pizza on WG Crust OR Hot Dog on WW Bun with Mustard Fresh Salad + Dressing with WG Roll Baked Beans Mixed Green Salad with Dressing Fresh Fruit and Applesauce 1% Milk or FF Chocolate Milk</p>
Monday 7/17	Tuesday 7/18	Wednesday 7/19	Thursday 7/20
<p>Chili Cheese Fries with WG Roll OR Turkey Burger with Tomato, Lettuce and Ketchup OR Fresh Salad + Dressing with WG Roll Fresh Mixed Vegetables California Blend Fresh Fruit and Pears 1% Milk or FF Chocolate Milk</p>	<p>Sweet Chicken/Brown Rice/WG Roll OR BBQ Pork Sandwich on WG Bun OR Fresh Salad + Dressing with WG Roll Green Peas Spinach and Tomato Salad Fresh Fruit and Applesauce 1% Milk or FF Chocolate Milk</p>	<p>Shepherd Pie with Creamy Coleslaw, WG Roll and Carrots Fresh Salad + Dressing with WG Roll Apple Juice and Fresh Orange 1% Milk or FF Chocolate Milk</p>	<p>Sausage or Cheese Pizza WG Crust OR Fish WG Sandwich/Tartar Sauce OR Fresh Salad + Dressing with WG Roll BBQ Baked Beans Tossed Salad with Dressing Fresh Fruit and Fresh Fruit Mix 1% Milk or FF Chocolate Milk</p>
Monday 7/24	Tuesday 7/25	Wednesday 7/26	Thursday 7/27
<p>Roast Turkey with Gravy and WG Roll Or Hot Dog on WG Bun with Mustard OR Fresh Salad + Dressing with WG Roll Sweet Potato Broccoli Florets Fresh Fruit and Peaches 1% Milk or FF Chocolate Milk</p>	<p>Sweet+ Sassy Chicken with WG Roll OR Meatball Sandwich on WG Hoagie Roll OR Fresh Salad + Dressing with WG Roll Whole Kernel Corn Marinated Vegetable Salad Fresh Fruit and Fresh Fruit Mix 1% Milk or FF Chocolate Milk</p>	<p>Beef, WG Macaroni and Tomato Casserole with WG Roll, Carrots and Pineapple Coleslaw OR Fresh Salad + Dressing with WG Roll Orange Juice and Fresh Apple 1% Milk or FF Chocolate Milk</p>	<p>Taco or Cheese Pizza on WG Crust OR Hamburger on WW Bun/Ketchup OR Fresh Salad + Dressing with WG Roll Baked Beans Mixed Green Salad with Dressing Fresh Fruit and Applesauce 1% Milk or FF Chocolate Milk</p>