

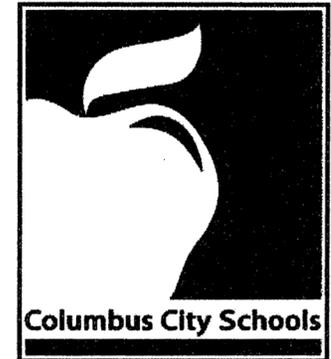
# Lunch Menu

## June 2016



RECREATION AND PARKS  
DEPARTMENT

| SUN.  | MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY  | SAT. |
|---|--|--|---|--|---|------|
| 5   | 6  | 7  | 8   | 9  | 10  | 11   |
|   | Turkey & Cheese Flatbread with Mustard (21g)<br>Carrots w/ Ranch (10g)<br>Fruit Cup (14-22g)<br>Chocolate Milk (24g)                       | Turkey Ham & Cheese Wrap (16g)<br>Salsa (4g)<br>Raisins (30g)<br>Chocolate Milk (24g)  | Chicken Salad and Cheese w/ Ranch Dressing (6g)<br>Tortilla Strips (23g)<br>Fresh Apple (21g)<br>Chocolate Milk (24g) | Yogurt Parfait (33g)<br>Sunflower Seeds (4g)<br>Pretzels (16g)<br>Celery w/ Ranch (5g)<br>Chocolate Milk (24g)               | Assorted Sandwiches (21-55g)<br>Fruit Cup (14-22g)<br>100% Fruit Juice (14g)<br>Chocolate Milk (24g)                    |      |
| 12  | 13   | 14   | 15  | 16   | 17  | 18   |
|   | Soy Butter w/Jelly Sandwich (55g)<br>Mozzarella String Cheese (1g)<br>100% Fruit Juice (14g)<br>Fruit Cup (14-22g)<br>Chocolate Milk (24g) | Turkey Ham and Cheese on Pasta Salad with Italian Dressing (45g)<br>Carrots w/Ranch (10g)<br>Fresh Apple (21g)<br>Chocolate Milk (24g) | Chicken Fajita and Cheese Wrap (14g)<br>Salsa (4g)<br>Raisins (30g)<br>Chocolate Milk (24g)                           | Assorted Cheese, Turkey Pepperoni and Saltines (23g)<br>Celery with Ranch (5g)<br>Fruit Cup (14-22g)<br>Chocolate Milk (24g) | Turkey Ham and Cheese on Bun with Mustard (23g)<br>Fruit Cup (14-22g)<br>100% Fruit Juice (14g)<br>Chocolate Milk (24g) |      |
| 19  | 20   | 21   | 22  | 23   | 24  | 25   |
|   | Turkey & Cheese Flatbread with Mustard (20g)<br>Carrots w/ Ranch (10g)<br>Fruit Cup (14-22g)<br>Chocolate Milk (24g)                       | Turkey Ham & Cheese Wrap (16g)<br>Salsa (4g)<br>Raisins (30g)<br>Chocolate Milk (24g)  | Chicken Salad and Cheese w/ Ranch Dressing (6g)<br>Tortilla Strips (23g)<br>Fresh Apple (21g)<br>Chocolate Milk (24g) | Yogurt Parfait (33g)<br>Sunflower Seeds (4g)<br>Pretzels (16g)<br>Celery w/ Ranch (5g)<br>Chocolate Milk (24g)               | Assorted Sandwiches (21-55g)<br>Fruit Cup (14-22g)<br>100% Fruit Juice (14g)<br>Chocolate Milk (24g)                    |      |
| 26  | 27   | 28   | 29  | 30   | 1   | 2    |
|   | Soy Butter w/Jelly Sandwich (55g)<br>Mozzarella String Cheese (1g)<br>100% Fruit Juice (14g)<br>Fruit Cup (14-22g)<br>Chocolate Milk (24g) | Turkey Ham and Cheese on Pasta Salad with Italian Dressing (45g)<br>Carrots w/Ranch (10g)<br>Fresh Apple (21g)<br>Chocolate Milk (24g) | Chicken Fajita and Cheese Wrap (14g)<br>Salsa (4g)<br>Raisins (30g)<br>Chocolate Milk (24g)                           | Assorted Cheese, Turkey Pepperoni and Saltines (23g)<br>Celery with Ranch (5g)<br>Fruit Cup (14-22g)<br>Chocolate Milk (24g) |   |      |
| <p><b>ALL COMPONENTS MEET THE USDA SUMMER FEEDING PROGRAM REQUIREMENTS.</b><br/> <b>NO PEANUT OR PORK PRODUCTS SERVED. 1% WHITE MILK AND NONFAT CHOCOLATE MILK PROVIDED. GRAMS OF CARBOHYDRATE IN PARENTHESES. MENU SUBJECT TO CHANGE. USDA/CCSD ARE EQUAL OPPORTUNITY PROVIDERS AND EMPLOYERS.</b><br/> <b>REVISED 5/11/16</b></p> |  |  |   |  |   |      |



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