

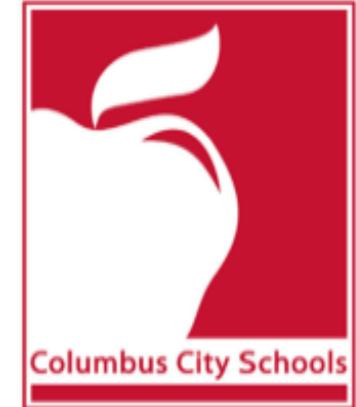
Lunch Menu



RECREATION AND PARKS
DEPARTMENT

August 2016

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
31	1	2	3	4	5	6
	Turkey & Cheese Flatbread with Mustard (20g) Carrots w/ Ranch (10g) Fruit Cup (14-22g) Chocolate Milk (24g)	Turkey Ham & Cheese Wrap (16g) Salsa (4g) Raisins (30g) Chocolate Milk (24g)	Chicken Salad and Cheese w/ Ranch Dressing (6g) Tortilla Strips (23g) Fresh Apple (21g) Chocolate Milk (24g)	Yogurt Parfait (33g) Sunflower Seeds (4g) Pretzels (16g) Celery w/ Ranch (5g) Chocolate Milk (24g)	Turkey Ham and Cheese on Bun with Mustard (23g) Fruit Cup (14-22g) 100% Fruit Juice (14g) Chocolate Milk (24g)	
7	8	9	10	11	12	13
	Soy Butter w/Jelly Sandwich (55g) Mozzarella String Cheese (1g) 100% Fruit Juice (14g) Fruit Cup (14-22g) Chocolate Milk (24g)	Turkey Ham and Cheese on Pasta Salad with Italian Dressing (45g) Carrots w/Ranch (10g) Fresh Apple (21g) Chocolate Milk (24g)	Chicken Fajita and Cheese Wrap (14g) Salsa (4g) Raisins (30g) Chocolate Milk (24g)	Assorted Cheese, Turkey Pepperoni and Saltines (23g) Celery with Ranch (5g) Fruit Cup (14-22g) Chocolate Milk (24g)	Turkey Ham and Cheese on Bun with Mustard (23g) Fruit Cup (14-22g) 100% Fruit Juice (14g) Chocolate Milk (24g)	
14	15	16	17	18	19	20
	Turkey & Cheese Flatbread with Mustard (20g) Carrots w/ Ranch (10g) Fruit Cup (14-22g) Chocolate Milk (24g)	Turkey Ham & Cheese Wrap (16g) Salsa (4g) Raisins (30g) Chocolate Milk (24g)	Chicken Salad and Cheese w/ Ranch Dressing (6g) Tortilla Strips (23g) Fresh Apple (21g) Chocolate Milk (24g)	Yogurt Parfait (33g) Sunflower Seeds (4g) Pretzels (16g) Celery w/ Ranch (5g) Chocolate Milk (24g)	Turkey Ham and Cheese on Bun with Mustard (23g) Fruit Cup (14-22g) 100% Fruit Juice (14g) Chocolate Milk (24g)	
ALL COMPONENTS MEET THE USDA SUMMER FEEDING PROGRAM REQUIREMENTS. NO PEANUT OR PORK PRODUCTS SERVED. 1% WHITE MILK AND NONFAT CHOCOLATE MILK PROVIDED. GRAMS OF CARBOHYDRATE LISTED IN PARENTHESES. MENU SUBJECT TO CHANGE. USDA/CCSD ARE EQUAL OPPORTUNITY PROVIDERS AND EMPLOYERS. REVISED 7/20/16						



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