



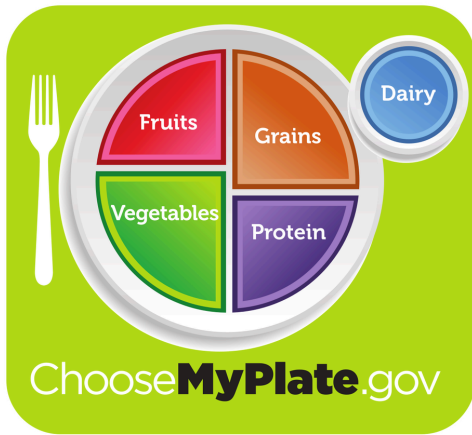
# July Cold Lunch

SFSP

All grains served are whole grain rich  
**Student's choice of skim or 1% milk provided at every meal.**

Menu subject to change based on availability

This institution is an equal opportunity provider



**Healthy Meals for Active Students!**  
 To create a healthy meal, include at least three of the five food groups on MyPlate: grains, protein, fruits, vegetables, and dairy.

Monday	Tuesday	Wednesday	Thursday	Friday
29 turkey ham & cheese hoagie mustard mayo cucumber coins ranch dressing orange wedges	30 roast beef & provolone sandwich mustard mayo summer squash salad fruit cup	1 chicken salad croissant lemon garlic kale salad chickpeas fresh peach	2 mixed greens salad cumin lime chicken black beans shredded cheddar cheese tomato corn ranch dressing cornbread muffin fresh watermelon	3 bbq chicken drum whole wheat bun broccoli florets ranch dressing fresh apple
6 sweet chili chicken whole wheat bun snap peas orange wedges	7 turkey & cheese on a hoagie mayo mustard cucumber & tomato salad fruit cup	8 turkey ham & cheese stackables lemon garlic kale salad fresh peach	9 mixed greens salad diced turkey ham mozzarella cheese cucumber coins tomato chickpeas italian dressing cornbread muffin fresh watermelon	10 tuna salad whole wheat bun baby carrots ranch dressing fresh apple
13 turkey ham & cheese hoagie mustard mayo cucumber coins ranch dressing orange wedges	14 roast beef & provolone sandwich mustard mayo lemon garlic kale salad fruit cup	15 chicken salad croissant summer squash salad fresh peach	16 mixed greens salad cumin lime chicken black beans shredded cheddar cheese tomato corn ranch dressing cornbread muffin fresh grapes	17 hot honey chicken thigh whole wheat bun cucumber coins ranch dressing fresh apple
20 buffalo chicken whole wheat bun ranch dressing celery sticks orange wedges	21 turkey & cheese on a hoagie mayo mustard lemon garlic kale salad fruit cup	22 turkey ham & cheese stackables cucumber & tomato salad fresh peach	23 mixed greens salad diced turkey ham mozzarella cheese cucumber coins tomato chickpeas italian dressing cornbread muffin fresh watermelon	24 tuna salad whole wheat bun baby carrots ranch dressing fresh apple
27 turkey ham & cheese hoagie mustard mayo cucumber coins ranch dressing orange wedges	28 roast beef & provolone sandwich mustard mayo summer squash salad fruit cup	29 chicken salad croissant lemon garlic kale salad chickpeas fresh peach	30 mixed greens salad cumin lime chicken black beans shredded cheddar cheese tomato corn ranch dressing cornbread muffin fresh watermelon	31 bbq chicken drum whole wheat bun broccoli florets ranch dressing fresh apple