SCHOOLHOUSE GRILL
School Meal Specialists

# Sparkles! - Lunch

## July 2018

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| **2** | **3** | **4** | **5** | **6** |
| Whole Grain Baked Chicken Nuggets 4 ea<br>Crinkle Cut Carrot Coins ¼ c<br>Veggie: Veggie Chik Nuggets<br>Fresh or Chilled Fruit | Spiral Mac & Cheese ½ c<br>California Mixed Vegetables ¼ c<br>Veggie: Spiral Mac & Cheese<br>Fresh or Chilled Fruit | Independence Day<br><br>Holiday | Chicken Fajita Rice Bowl (Chicken Fajita 2 oz over Rice w/ Cheddar Cheese); Cucumber Slices 3 ea w/ Creamy Ranch Dip<br>Veggie: Bean Rice Bowl<br>Fresh or Chilled Fruit | Northwestern Pollock Fish Nuggets 3 ea<br>Cooked Sweet Baby Peas ¼ c<br>Veggie: Veggie Chik Nuggets<br>Fresh or Chilled Fruit |
| **9** | **10** | **11** | **12** | **13** |
| Italian Spaghetti w/ Bolognese (non-beef) Sauce ½ c<br>Five-Way Hot Mixed Vegetables ¼ c<br>Veggie: Spaghetti w/ Marinara<br>Fresh or Chilled Fruit | Baked Chicken Fingers 3 ea<br>Sweet Yellow Corn ¼ c<br>Veggie: Veggie Chik Nuggets<br>Fresh or Chilled Fruit | "Breakfast For Lunch"<br>Jumbo Square Waffles 2 ea w/ Syrup<br>Chicken Sausage Patty 1 ea<br>Veggie: Veggie Breakfast Patty<br>Fresh or Chilled Fruit | Salisbury Steak 1 ea & Gravy w/ Creamy Mashed Potatoes; Fresh Cucumber Slices 3 ea w/ Creamy Ranch Dip; Veggie: Veggie Balls 3 ea & Mashed Potatoes<br>Fresh or Chilled Fruit | Four Cheese Ravioli with Marinara ½ c<br>Fresh Green Beans ¼ c<br>Veggie: Four Cheese Ravioli with Marinara<br>Fresh or Chilled Fruit |
| **16** | **17** | **18** | **19** | **20** |
| Spiral Mac & Cheese ½ c<br>Hot Mixed Diced Carrots & Baby Peas ¼ c<br>Veggie: Spiral Mac & Cheese<br>Fresh or Chilled Fruit | Slow Roasted Turkey & Cheese Sub 1 ea<br>Fresh Baby Carrots ¼ c w/ Creamy Ranch Dip<br>Veggie: Double Cheese Sub<br>Fresh or Chilled Fruit | Rainbow Tortellini Pasta w/ Kale Pesto Sauce ½ c<br>Fresh Tossed Salad ¼ c w/ Ranch Dressing; Veggie: Rainbow Tortellini Pasta Blend<br>Fresh or Chilled Fruit | Flame Grilled Hamburger Patty on Bun 1 ea<br>Fresh Cucumber Slices 3 ea w/ Creamy Ranch Dip<br>Veggie: Veggie BOCA Burger<br>Fresh or Chilled Fruit | Whole Grain Baked Chicken Nuggets 4 ea<br>California Mixed Vegetables ¼ c<br>Veggie: Veggie Chik Nuggets<br>Fresh or Chilled Fruit |
| **23** | **24** | **25** | **26** | **27** |
| Cheesy Baked Ziti ½ c<br>Fresh Green Beans ¼ c<br>Veggie: Cheesy Baked Ziti<br>Fresh or Chilled Fruit | Baked Chicken Fingers 3 ea<br>Fresh Tossed Salad ¼ c w/ Creamy Ranch Dressing<br>Veggie: Veggie Chik Nuggets<br>Fresh or Chilled Fruit | "Breakfast For Lunch"<br>Buttermilk Pancakes 2 ea w/ Syrup<br>Chicken Sausage Patty 1 ea<br>Veggie: Veggie Breakfast Patty<br>Fresh or Chilled Fruit | Creamy Chicken Fettuccine Alfredo ½ c<br>Fresh Cucumber Slices 3 ea w/ Creamy Ranch Dip<br>Veggie: Fettuccine Alfredo<br>Fresh or Chilled Fruit | Spiral Mac & Cheese ½ c<br>Five-Way Hot Mixed Vegetables ¼ c<br>Veggie: Spiral Mac & Cheese<br>Fresh or Chilled Fruit |
| **30** | **31** | | | |
| Chicken Fried Rice ½ c<br>Fresh Baby Carrots ¼ c w/ Creamy Ranch Dip<br>Veggie: Vegetable Fried Rice<br>Fresh or Chilled Fruit | Italian Spaghetti w/ Bolognese (non-beef) Sauce ½ c<br>Sweet Yellow Corn ¼ c<br>Veggie: Spaghetti w/ Marinara Sauce<br>Fresh or Chilled Fruit | THIS MENU DOES NOT CONTAIN PEANUT OR PEANUT PRODUCTS | Fresh Fruits Used Daily - Chilled Fruits used on days Produce is not Ripened | Fresh or Chilled Fruit: Cantaloupe, Watermelon, Apple, Banana, Orange Wedges, Pears, Diced Pears, Peaches, Apple Sauce; Fresh Vegetables are Included with Every Meal |