



Monday

Tuesday

Wednesday

Thursday

Friday

Johnny Marzetti **1**
w/ Ground Turkey
WGR Macaroni Noodles
WGR Roll /Garden Salad
Apple Slices / Milk

Philly Beef & Cheese **2**
WGR Slider Bun
W / Peppers & Onions
Diced Potatoes
Oranges / Milk

* Breaded Chicken Strips **3**
Vegetarian Baked Beans
Fresh Blueberry Cup
Milk

HAPPY 4TH 4

CENTER CLOSED

Grilled Turkey Ham **5**
& Cheese PFS
WGR Bread
Sweet Potato Fries
Melon / Milk

Tuna Noodle Casserole **8**
Egg Noodles / WGR Roll
Green Beans
Applesauce
Milk

BY REQUEST 9
WGR Pancakes W/ Syrup
Sausage Patty PFS
Shredded Hash Browns
Fresh Strawberries /Milk

Chicken Pot Pie **10**
WG Crust
Mixed Veggies
Apple Crisp
Milk

Baked Ziti **11**
W/ Ground Turkey
WGR Penne Noodles
WGR Breadstick
Broccoli / Peaches / Milk

*Ground Beef **12**
Stuffed Pepper Casserole
WG Brown Rice
Green Beans /Pears
Milk

Hot Italian Turkey Ham **15**
& Cheese PFS
WGR Slider Bun
Broccoli Salad
Cantaloupe / Milk

Swedish Meatballs **16** CM
WG Brown Rice / WGR Roll
Seasoned Steamed Carrots
Peach Crisp
Milk

Ground Sausage **17** PFS
WGR Penne Casserole
WGR Bread
California Blend Veggies
Oranges / Milk

Ground Turkey Burger **18**
W/ Lett., Tom & Cheese
WGR Bun /Garden Salad
Tator Tots
Watermelon / Milk

ALL STAFF 19
IN-SERVICE
CENTER CLOSED

Cheesy Tator Tot **22**
Ground Turkey Meatloaf
Vegetable Medley
WGR Roll
Fresh Blueberries / Milk

Creamy Chicken Alfredo **23**
Spaghetti
WGR Bread
Roasted Broccoli
Pears / Milk

JRC NEWSLETTER RECIPE 24
School House Hamburger
Mashed Potatoes / Gravy
WGR Biscuit
Green Beans /Apple Slices
Milk

Crispy Chicken **25** CN
WGR Waffles w/ Syrup
Shredded Potatoes
Cinnamon Apple Slices
Milk

*Cheese Pizza **26**
WG Crust
W/Turkey Pepperoni PFS
Peppers
Broccoli Bites / Milk

Ground Turkey **29**
WG Rotini Casserole
WGR Garlic Bread
Sauteed New Veggies
Oranges / Milk

Shredded Potato & **30**
Diced Ham Casserole
WGR Roll / Green Beans
Pineapple
Milk

*Chicken Nuggets **31** CN
California Blend Veggies
Pears
Milk

Alternative Lunch Menu
Includes:
WG Cheese Sandwich, or
WG Cold Cut Sandwich,
W/ Carrot Sticks or Fruit

*Different from the Adult Menu

This Institution is an equal Opportunity Employer

Milk – 8oz.
Meat/Meat Alternate – 1oz.
Fruits/Vegetables – 1/4 cup
Soup – 4 oz. Yogurt -4 oz

ALTERNATIVE MEATS:
Chicken or Turkey
for Beef

HM = Homemade
WGR = Whole Grain Rich