




Lunch Menu July 2021



Boone, DuPage, DeKalb, Grundy, Kane, Kendall, Kankakee, Lake, McHenry, Will

Monday	Tuesday	Wednesday	Thursday	Friday
			01 It's Brunch Time! Hardboiled Egg Low-Fat Strawberry Yogurt Low-Fat Blueberry Muffin Snap Peas Grapes Low-Fat Ranch FF Chocolate Milk	02 Ham and Cheese on a Roll Sliced Ham Muenster Cheese Pretzel Roll Broccoli Apple Mustard Low-Fat Ranch 1% White Milk
	# of Leftovers <input type="text"/>	# of Leftovers <input type="text"/>	# of Leftovers <input type="text"/>	# of Leftovers <input type="text"/>
05 NO MEAL SERVICE 	06 Bagel Day Whole Grain Bagel Strawberry Cream Cheese Sunbutter Spread Mozzarella String Cheese Fresh Carrots Applesauce Fat-Free Chocolate Milk	07 Turkey Sandwich Sliced Turkey Cheddar Cheese Whole Wheat Bread Grape Tomatoes Peach Low-Fat Mayo Mustard Low-Fat Ranch 1% White Milk	08 Soft Pretzel Day Soft Pretzel Sunflower Seeds Strawberry Yogurt Fresh Cauliflower Apple Low-Fat Ranch Mustard FF Chocolate Milk	09 Flatbread Pizza Stacker Whole Wheat Flatbread Turkey Pepperoni Shredded Mozzarella Cheese Pizza Sauce Green Pepper Slices Pineapple Tidbits Low-Fat Ranch 1% White Milk
	# of Leftovers <input type="text"/>	# of Leftovers <input type="text"/>	# of Leftovers <input type="text"/>	# of Leftovers <input type="text"/>
12 Hummus Dippers Whole Wheat Pita Chips Hummus Dip Sunflower Seeds Vegetable Sticks Apple Fat-Free Chocolate Milk	13 Southwest Wrap Grilled Chicken Strips Shredded Cheddar Cheese Whole Wheat Tortilla Red & Green Bell Peppers Honeydew Hot Sauce-mild 1% White Milk	14 Grilled Chicken Salad Grilled Chicken Strips Romaine Lettuce Cheddar Cheese Cubes Whole Wheat Roll Whole Grain Croutons Grapes Low-Fat Italian Dressing Fat-Free Chocolate Milk	15 BBQ Chicken Sandwich Grilled Chicken Tenders Whole Wheat Bun Broccoli Watermelon BBQ Sauce Low-Fat Ranch 1% White Milk	16 Parfait Day Low-Fat Strawberry Yogurt Low-Fat Granola Pretzel Sticks Sunbutter Spread Mixed Berries Celery Sticks FF Chocolate Milk
# of Leftovers <input type="text"/>	# of Leftovers <input type="text"/>	# of Leftovers <input type="text"/>	# of Leftovers <input type="text"/>	# of Leftovers <input type="text"/>
19 Sunbutter Sandwich Sunbutter and Jelly on Whole Wheat Bread Mozzarella String Cheese Pretzel Sticks Celery Sticks Whole Apple 1% White Milk	20 Walking Taco Day Grilled Chicken Strips Shredded Cheddar Cheese Nacho Cheese Doritos Pico de Gallo Peach Hot Sauce Packet 1% White Milk	21 Mandarin Salad Grilled Chicken Strips Shredded Lettuce w/Carrots Whole Wheat Roll w/Butter Wonton Crouton Strips Mandarin Oranges Plum Asian Sesame Dressing FF Chocolate Milk	22 Cracker Stacker Turkey Pepperoni Cheddar Cheese Whole Wheat Crackers Vegetable Sticks Banana Bear Graham Crackers Low-Fat Ranch Fat-Free Chocolate Milk	23 BBQ Chicken Nuggets Breaded Chicken Nuggets Sun Chips Broccoli Florets Watermelon BBQ Sauce Low-Fat Ranch 1% White Milk
# of Leftovers <input type="text"/>	# of Leftovers <input type="text"/>	# of Leftovers <input type="text"/>	# of Leftovers <input type="text"/>	# of Leftovers <input type="text"/>
26 Turkey on Oat Bread Sliced Turkey Provolone Cheese Oat Bread Vegetable Sticks Flavored Applesauce Low-Fat Mayo Low-Fat Ranch 1% White Milk	27 Nacho Day Grilled Chicken Strips Shredded Cheddar Cheese Corn Tortilla Chips Red Salsa Strawberries Sour Cream Milk Taco/Hot Sauce FF Chocolate Milk	28 Chopped Salad and Breadsticks Soft Breadstick Mozzarella String Cheese Chopped Lettuce Whole Grain Croutons Plum Low-Fat Ranch Marinara Dipping Sauce 1% White Milk	29 It's Brunch Time! Hardboiled Egg Low-Fat Strawberry Yogurt Low-Fat Blueberry Muffin Snap Peas Grapes Low-Fat Ranch FF Chocolate Milk	30 Ham and Cheese on a Roll Sliced Ham Muenster Cheese Pretzel Roll Broccoli Cantaloupe Mustard Low-Fat Ranch 1% White Milk
# of Leftovers <input type="text"/>	# of Leftovers <input type="text"/>	# of Leftovers <input type="text"/>	# of Leftovers <input type="text"/>	# of Leftovers <input type="text"/>

**** Use the boxes to help you keep track of your leftovers.**

Contact Joy Prospal at (630) 443-6910 x177 to adjust your delivery amounts so that you are able to use up all of