



# JULY

## Lunch

### Muroc JUSD/Desert JSHS Summer Lunch

LCBS - Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>2</b></p> <p><b>DELI SUB SANDWICH ^</b>            Italian Corn Salad            Baby Carrots            Light Ranch Dressing            Applesauce Cup            Orange Sorbet 100% Juice            Mayonnaise            Snickerdoodle Cookie            Choice of Milk</p>	<p><b>3</b></p> <p><b>TURKEY HAM &amp; CHEESE ON A WHOLE WHEAT BUN</b>            Hummus Cup            Baby Carrots            Cucumber Coins            Fresh Orange*            Mixed Fruit Cup            Mustard            Choice of Milk</p>	<p><b>4</b></p>	<p><b>5</b></p> <p><b>STRAWBERRY YOGURT</b>            String Cheese            Tropical Veggie Juice            Baby Carrots            Light Ranch Dressing            Fresh Apple*            Corn Muffin            Choice of Milk</p>	<p><b>6</b></p>
<p><b>9</b></p> <p><b>VANILLA YOGURT</b>            String Cheese            Wango Mango Juice            Baby Carrots            Light Ranch Dressing            Diced Peaches            Cinnamon Applesauce            Cherry Loaf ^            Choice of Milk</p>	<p><b>10</b></p> <p><b>TURKEY AND CHEESE ON WHOLE WHEAT BREAD</b>            Hummus Cup            Baby Carrots            Crunchy Celery Sticks            Pineapple Tidbits            Blended Fruit Juice            Mustard            Choice of Milk</p>	<p><b>11</b></p> <p><b>DELI SUB SANDWICH ^</b>            Italian Corn Salad            Baby Carrots            Light Ranch Dressing            Grape Juice            Fresh Banana*            Cherry Cookie            Mayonnaise            Choice of Milk</p>	<p><b>12</b></p> <p><b>TURKEY HAM &amp; CHEESE ON A WHOLE WHEAT BUN</b>            Broccoli Florets            Light Ranch Dressing            SunSet Sip Juice            Fresh Apple*            Multigrain Sun Chips            Mustard            Choice of Milk</p>	<p><b>13</b></p>
<p><b>16</b></p> <p><b>DELI SUB SANDWICH ^</b>            Italian Corn Salad            Baby Carrots            Light Ranch Dressing            Applesauce Cup            Orange Sorbet 100% Juice            Mayonnaise            Snickerdoodle Cookie            Choice of Milk</p>	<p><b>17</b></p> <p><b>TURKEY HAM &amp; CHEESE ON A WHOLE WHEAT BUN</b>            Hummus Cup            Baby Carrots            Cucumber Coins            Fresh Orange*            Mixed Fruit Cup            Mustard            Choice of Milk</p>	<p><b>18</b></p> <p><b>TURKEY BOLOGNA ON A WHOLE WHEAT BUN</b>            SunSet Sip Juice            Romaine Salad            Light Ranch Dressing            Diced Peaches            Blended Fruit Juice            Mustard            Choice of Milk</p>	<p><b>19</b></p> <p><b>STRAWBERRY YOGURT</b>            String Cheese            Tropical Veggie Juice            Baby Carrots            Light Ranch Dressing            Fresh Apple*            Corn Muffin            Choice of Milk</p>	<p><b>20</b></p>
<p><b>23</b></p> <p><b>VANILLA YOGURT</b>            String Cheese            Wango Mango Juice            Baby Carrots            Light Ranch Dressing            Diced Peaches            Cinnamon Applesauce            Cherry Loaf ^            Choice of Milk</p>	<p><b>24</b></p> <p><b>TURKEY AND CHEESE ON WHOLE WHEAT BREAD</b>            Hummus Cup            Baby Carrots            Crunchy Celery Sticks            Pineapple Tidbits            Blended Fruit Juice            Mustard            Choice of Milk</p>	<p><b>25</b></p> <p><b>DELI SUB SANDWICH ^</b>            Italian Corn Salad            Baby Carrots            Light Ranch Dressing            Grape Juice            Fresh Banana*            Cherry Cookie            Mayonnaise            Choice of Milk</p>	<p><b>26</b></p> <p><b>TURKEY HAM &amp; CHEESE ON A WHOLE WHEAT BUN</b>            Broccoli Florets            Light Ranch Dressing            SunSet Sip Juice            Fresh Apple*            Multigrain Sun Chips            Mustard            Choice of Milk</p>	<p><b>27</b></p>
<p><b>30</b></p>	<p><b>31</b></p>			

**ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK. \*\* MENU SUBJECT TO CHANGE \*\***

**^ Denotes item is whole-grain/whole wheat**

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