Muroc JUSD/Desert JSHS/Branch El Summer Lunch

LCHS - Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
				1
4	5	6	7	TURKEY & CHEESE SANDWICH A Hummus Cup Baby Carrots Cucumber Coins Fresh Pear* Grape Juice Mayonnaise Choice of Milk
VANILLA YOGURT	12 TURKEY AND CHEESE	13 DELI SUB SANDWICH ^	14 TURKEY HAM & CHEESE	15 TURKEY BOLOGNA
String Cheese Wango Mango Juice Baby Carrots Light Ranch Dressing Diced Peaches Cinnamon Applesauce Cherry Loaf ^ Choice of Milk	ON WHOLE WHEAT BREAD Hummus Cup Baby Carrots Crunchy Celery Sticks Pineapple Tidbits Blended Fruit Juice Mustard Choice of Milk	Italian Corn Salad Pickle Chips Grape Juice Fresh Banana* Cherry Cookie Mayonnaise Choice of Milk	ON A WHOLE WHEAT BUN Broccoli Florets Romaine Salad Light Ranch Dressing Fresh Apple* Multigrain Sun Chips Mayonnaise Choice of Milk	ON A WHOLE WHEAT BUN SunSet Sip Juice Baby Carrots Cucumber Coins Light Ranch Dressing Fresh Orange* Mixed Fruit Cup Mustard Choice of Milk
18	19	20	21	22
DELI SUB SANDWICH A Italian Corn Salad Cucumber Coins Light Ranch Dressing Applesauce Cup Orange Sorbet 100% Juice Mayonnaise Snickerdoodle Cookie Choice of Milk	TURKEY HAM & CHEESE ON A WHOLE WHEAT BUN SunSet Sip Juice Crunchy Celery Sticks Baby Carrots Light Ranch Dressing Fresh Orange* Mixed Fruit Cup Mustard Choice of Milk	TURKEY BOLOGNA ON A WHOLE WHEAT BUN Romaine Salad Broccoli Florets Light Ranch Dressing (2) Diced Peaches Blended Fruit Juice Mustard Choice of Milk	STRAWBERRY YOGURT String Cheese Tropical Veggie Juice Baby Carrots Light Ranch Dressing Fresh Apple* Corn Muffin Choice of Milk	TURKEY & CHEESE SANDWICH A Hummus Cup Baby Carrots Cucumber Coins Fresh Pear* Grape Juice Mayonnaise Choice of Milk
25	26	27	28	29
VANILLA YOGURT String Cheese Wango Mango Juice Baby Carrots Light Ranch Dressing Diced Peaches Cinnamon Applesauce Cherry Loaf ^ Choice of Milk	TURKEY AND CHEESE ON WHOLE WHEAT BREAD Hummus Cup Baby Carrots Crunchy Celery Sticks Pineapple Tidbits Blended Fruit Juice Mustard Choice of Milk	DELI SUB SANDWICH * Italian Corn Salad Pickle Chips Grape Juice Fresh Banana* Cherry Cookie Mayonnaise Choice of Milk	TURKEY HAM & CHEESE ON A WHOLE WHEAT BUN Broccoli Florets Romaine Salad Light Ranch Dressing Fresh Apple* Multigrain Sun Chips Mayonnaise Choice of Milk	TURKEY BOLOGNA ON A WHOLE WHEAT BUN SunSet Sip Juice Baby Carrots Cucumber Coins Light Ranch Dressing Fresh Orange* Mixed Fruit Cup Mustard Choice of Milk
ALL MEALS SERVED WIT	TH APPROPRIATE CONDIMEN	TS AND A CHOICE OF 1% AND	FAT FREE MILK. ** MENU	SUBJECT TO CHANGE **

www.preferredmealsmenu.com

^ Denotes item is whole-grain/whole wheat

