

JULY

Lunch



Muroc JUSD BHS Seamless Summer Lunch 18 yrs & under

LNHS - Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>CHICKEN NUGGETS ^ Breadstick ^ Potato Rounds Diced Carrots Applesauce Cup Grape Juice BBQ Sauce Ketchup Choice of Milk</p>	<p>2</p> <p>CHEESEBURGER Hamburger Bun ^ French Fries Mixed Vegetables Mixed Fruit Cup Apple Juice Mustard Ketchup Choice of Milk</p>	<p>3</p> <p>MEATBALL SUB Hot Dog Bun ^ Green Beans Diced Pears Orange-Tangerine Juice Vanilla Cookie ^ Choice of Milk</p>	<p>4</p>	<p>5</p>
<p>8</p> <p>CHEESE PIZZA ^ Mixed Vegetables Mixed Fruit Cup Orange-Tangerine Juice Choice of Milk</p>	<p>9</p> <p>BAGEL DOG ^ Maple Baked Beans Diced Carrots Diced Peaches Apple Juice Mustard Ketchup Choice of Milk</p>	<p>10</p> <p>SLOPPY JOE Hamburger Bun ^ Corn Applesauce Cup Grape Juice Cheddar Sun Chips ^ Choice of Milk</p>	<p>11</p> <p>POPCORN CHICKEN ^ Green Beans Romaine Salad Light Ranch Dressing Fresh Apple* BBQ Sauce Corn Muffin ^ Choice of Milk</p>	<p>12</p>
<p>15</p> <p>CHICKEN NUGGETS ^ Breadstick ^ Maple Baked Beans Diced Carrots Applesauce Cup Grape Juice BBQ Sauce Ketchup Choice of Milk</p>	<p>16</p> <p>CHEESEBURGER Hamburger Bun ^ French Fries Mixed Vegetables Mixed Fruit Cup Apple Juice Mustard Ketchup Choice of Milk</p>	<p>17</p> <p>MEATBALL SUB Hot Dog Bun ^ Green Beans Diced Pears Orange-Tangerine Juice Vanilla Cookie ^ Choice of Milk</p>	<p>18</p> <p>CHICKEN RANCH FLATBREAD ^ Romaine Salad Cucumber Coins Baby Carrots Light French Dressing Diced Peaches Fruit Punch Juice Choice of Milk</p>	<p>19</p>
<p>22</p> <p>CHEESE PIZZA ^ Mixed Vegetables Mixed Fruit Cup Orange-Tangerine Juice Choice of Milk</p>	<p>23</p> <p>BAGEL DOG ^ Maple Baked Beans Diced Carrots Diced Peaches Apple Juice Mustard Ketchup Choice of Milk</p>	<p>24</p> <p>SLOPPY JOE Hamburger Bun ^ Corn Applesauce Cup Grape Juice Cheddar Sun Chips ^ Choice of Milk</p>	<p>25</p> <p>POPCORN CHICKEN ^ Mashed Potatoes Romaine Salad Light Ranch Dressing Fresh Apple* BBQ Sauce Corn Muffin ^ Choice of Milk</p>	<p>26</p>
<p>29</p>	<p>30</p>	<p>31</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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