



# CCC/CLS Lunch Menu

Any item with  
an "\*" is  
served fresh  
or frozen.

Mon	Tue	Wed	Thu	Fri
31 Mexican Pizza (Refried beans, <u>tortilla</u> ) *Normandy Veg Pineapple Milk	Aug 1 Lemon Fish <u>Couscous</u> *Broccoli *Pears Milk	2 Taco Dogs (avocado, turkey franks, cheese, <u>WG HD Bun</u> ) *Watermelon *Cauliflower Milk	3 Chicken & Cheese <u>Quesadilla</u> *Tropical Fruit *Cooked Carrots Milk	4 Mexi-Cali Boat *Peaches Wheat Roll *Sweet Potato Fries Milk
7 Corn Muffin Casserole (Ham) Tropical Fruit *Mixed Veggie Milk	8 <u>Pita Pockets</u> (Gr. Turkey, tomato, zuc- chini, peppers) *Peaches Milk <i>National Zucchini Day!</i>	9 Fancy Fish <u>Brown Rice</u> *Cantaloupe *Green Beans Milk	10 Black Bean <u>Tostadas</u> (tomatoes, corn, avocado, cheese) *Mixed berries Milk	11 <u>Mac</u> & Cheese Sliced Turkey *Apples *Carrots Milk
14 Tuna Boats <u>(HD Bun)</u> *Snap Peas *Mango Milk	15 Salad Bar (Ham, Cheese) Bread Stick Pears Milk	16 Cheese <u>Pizza</u> Applesauce *Cucumbers Milk	17 Rainbow <u>Bake</u> (mix Veggie, Beans, Cheese) *Mixed Fruit Milk	18 Walking <u>Tacos</u> *Kiwi *Cauliflower Milk
21 Party <u>Pasta</u> (Peppers, Tomato, Corn, Beans) *Plums Milk	22 Chicken <u>Enchiladas</u> *Egg fried Cauliflower Rice *Pineapple Milk	23 Tuna Salad <u>Sandwich</u> *Mixed Veggie *Pears Milk	24 Tater Tot Taco Casserole Breadstick *Green Beans *Oranges Milk	25 <u>Mario's Meal</u> (Chicken, Asparagus, Tomatoes, Cheese) Tropical Fruit Milk
28 Baked Potato Bar (Ham, Cheese) Wheat Roll Applesauce Milk	29 Porcupine Sliders Garlic Bread *Peppers *Mango Milk	30 Chicken Fajita <u>(WG Tortilla)</u> *Watermelon Milk	31 Egg Salad <u>Sandwich</u> *Cucumbers Mandarin Oranges Milk <i>National Eat Outside Day!!</i>	1 Catch of the Day From the Garden <u>Rice</u> *Kiwi Milk

\*\* Whole, unflavored milk is served to 1 year olds      \*\* 1%, unflavored milk is served to children ages 2 and older

\*\* **WG** = Whole Grain      **HM** = Homemade Whole Grain      **Bold and Underlined** = Whole Grain