

JUNE/JULY 2017 - COLD 4 WK Cycle MENU - Elmira

MENU SUBJECT TO CHANGE WITHOUT NOTICE – This district is an equal opportunity employer and provider.

June 26 Grab and Go Lunch* 1 oz String cheese+ ½ c Yogurt ½ Cup Baby Carrots + Ranch 1 pkg. Doritos Fresh Orange Milk – White/Choc	27 Turkey Club Wrap - 1 ½ oz Meat, ½ oz Cheese w Mayo/Mustard ½ Cup sl Cucumbers w/ Ranch Strawberries 8oz Milk – White/Choc	28 Ham Sub-3oz meat, ½ oz cheese Mayo/mustard 1 Fresh apple 1 pkg. Raisins 8oz Milk – White/Choc	29 Grab and Go Lunch* 1 oz String cheese+ ½ c Yogurt ½ C Fresh Salad + Ranch 1 Granola Bar 4oz Apple Juice 8oz Milk – White/Choc	30 PB & J Sandwich (2 oz PB) String Cheese ½ Cup Orange Juice ½ Cup Watermelon 8oz Milk – White/Choc
3	4	5 Grab and Go Lunch* 1 oz String cheese+ ½ c Yogurt ½ Cup Baby Carrots + Ranch 1 granola bar Fresh apple 8oz Milk – White/Choc	6 Turkey Club Sub - 2 ½ oz Meat, ½ oz Cheese Mayo/Mustard ½ Cup Fresh Salad + Ranch 1 pkg. Raisins 8oz Milk – White/Choc	7 Ham Sandwich ½ Cup applesauce ½ Cup sl Cucumbers w/ Ranch 8oz Milk – White/Choc
10 Grab and Go Lunch* 1 oz String cheese+ ½ c Yogurt Doritos ½ Cup sl Cucumbers w/ Ranch Fresh Apple 8oz Milk – White/Choc	11 PB&J Sandwich String Cheese 1 pkg. Raisins Fresh Orange 8oz Milk – White/Choc	12 Turkey, Ham & Cheese Sub - 2 oz Meat, ½ oz Cheese Mayo/Mustard ½ Cup Baby Carrots + Ranch ½ Cup Fresh Watermelon 8oz Milk – White/Choc	13 Grab and Go Lunch* 1 oz String cheese+ ½ c Yogurt ½ C Fresh Salad + Ranch 1 pkg Doritos ½ Cup Applesauce 8oz Milk – White/Choc	14 PB & J Sandwich (2 oz PB) String cheese Fresh Orange ½ Cup Peaches 8oz Milk – White/Choc
17 Grab and Go Lunch* 1 oz String cheese+ ½ c Yogurt ½ Cup Baby Carrots + Ranch 1 pkg. Doritos Fresh apple 8oz Milk – White/Choc	18 Ham & Cheese Sandwich - 2 oz Meat, ½ oz Cheese Mayo/Mustard ½ Cup sl Cucumbers ½ Cup applesauce 8oz Milk – White/Choc	19 PB & J Sandwich (2 oz PB) String cheese ½ Cup Fresh Watermelon 1 pkg. Raisins 8oz Milk – White/Choc	20 Turkey, Ham & Cheese Sub - 2 ½ oz Meat, ½ oz Cheese Mayo/Mustard ½ Cup Fresh Salad + Ranch ½ Cup Peaches 8oz Milk – White/Choc	21 PB & J Sandwich (2 oz PB) String cheese ½ Cup Apple Juice Fresh Orange 8oz Milk – White/Choc

Breakfast Menu: include 2 grain items, 1 is assigned daily cereal, 1-100% juice, silverware, napkin

Mon-Cocoa Puffs Tues-Trix Wed-Cinn Toast Crunch Thur-Lucky Charms Fri-Honey Nut Cheerios

8 oz Milk-white 1%

JULY/August 2017 - COLD 4 WK Cycle MENU - Elmira

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<p style="text-align: center;">July 24</p> <p style="text-align: center;">Grab and Go Lunch*</p> <p>1 oz String cheese+ ½ c Yogurt ½ Cup Baby Carrots + Ranch 1 pkg. Doritos Fresh Orange 8oz Milk – White/Choc</p>	<p style="text-align: right;">25</p> <p>Turkey Club Wrap - 1 ½ oz Meat, ½ oz Cheese w Mayo/Mustard ½ Cup sl Cucumbers w/ Ranch Strawberries 8oz Milk – White/Choc</p>	<p style="text-align: right;">26</p> <p>Ham Sub-3oz meat, ½ oz cheese Mayo/mustard 4oz Apple Juice ½ Cup Fresh Watermelon 8oz Milk – White/Choc</p>	<p style="text-align: right;">27</p> <p style="text-align: center;">Grab and Go Lunch*</p> <p>1 oz String cheese+ ½ c Yogurt ½ Cup Fresh Salad + Ranch 1 pkg Doritos ½ Cup Fresh Watermelon 8oz Milk – White/Choc</p>	<p style="text-align: right;">28</p> <p>PB & J Sandwich (2 oz PB) String cheese ½ Cup Orange Juice ½ Cup Applesauce 8oz Milk – White/Choc</p>
<p style="text-align: right;">July 31</p> <p style="text-align: center;">Grab and Go Lunch*</p> <p>1 oz String cheese+ ½ c Yogurt ½ Cup Baby Carrots + Ranch 1 pkg Doritos Fresh Orange 8oz Milk – White/Choc</p>	<p style="text-align: right;">August 1</p> <p>Ham & Cheese Sandwich - 2 oz Meat, ½ oz Cheese Mayo/Mustard ½ Cup sl Cucumbers w/Ranch Fresh Apple 8oz Milk – White/Choc</p>	<p style="text-align: right;">2</p> <p>PB & J Sandwich (2 oz PB) String cheese 4oz Orange Juice ½ Cup applesauce 8oz Milk – White/Choc</p>	<p style="text-align: right;">3</p> <p>Turkey, Ham & Cheese Sub - 2 ½ oz Meat, ½ oz Cheese Mayo/Mustard ½ Cup Fresh Salad + Ranch ½ Cup Peaches 8oz Milk – White/Choc</p>	<p style="text-align: right;">4</p> <p>PB & J Sandwich (2 oz PB) String cheese ½ Cup Apple Juice 1 pkg. Raisins 8oz Milk – White/Choc</p>
<p style="text-align: right;">7</p> <p style="text-align: center;">Grab and Go Lunch*</p> <p>1 oz String cheese+ ½ c Yogurt ½ Cup Baby Carrots + Ranch 1 pkg. Doritos Fresh Orange 8oz Milk – White/Choc</p>	<p style="text-align: right;">8</p> <p>Turkey Club Wrap - 1 ½ oz Meat, ½ oz Cheese w Mayo/Mustard ½ Cup sl Cucumbers w/ Ranch Strawberries 8oz Milk – White/Choc</p>	<p style="text-align: right;">9</p> <p>Ham & Cheese Sub - 2 oz Meat, ½ oz Cheese Mayo/Mustard 4oz Apple Juice 1 pkg. Raisins 8oz Milk – White/Choc</p>	<p style="text-align: right;">10</p> <p style="text-align: center;">Grab and Go Lunch*</p> <p>1 oz String cheese+ ½ c Yogurt ½ Cup Fresh Salad + Ranch 1 pkg Doritos ½ Cup applesauce 8oz Milk – White/Choc</p>	<p style="text-align: right;">11</p> <p>PB & J Sandwich (2 oz PB) String cheese ½ Cup Orange Juice ½ Cup Peaches 8oz Milk – White/Choc 2 oz</p>
<p style="text-align: right;">14</p> <p style="text-align: center;">Grab and Go Lunch*</p> <p>1 oz String cheese+ ½ c Yogurt ½ Cup Baby Carrots + Ranch 1 pkg. Doritos 1 Fresh Apple 8oz Milk – White/Choc</p>	<p style="text-align: right;">15</p> <p>Ham & Cheese Sandwich - 2 oz Meat, ½ oz Cheese Mayo/Mustard ½ Cup sl Cucumbers w/ Ranch ½ Cup applesauce 8oz Milk – White/Choc</p>	<p style="text-align: right;">16</p> <p>PB & J Sandwich (2 oz PB) String cheese Raisins 4oz. Orange Juice 8oz Milk – White/Choc</p>	<p style="text-align: right;">17</p> <p>Turkey-Ham & Cheese Sub - 2 ½ oz Meat, ½ oz Cheese Mayo/Mustard ½ Cup Fresh Salad + Ranch ½ Cup Peaches 8oz Milk – White/Choc</p>	<p style="text-align: right;">18</p> <p>Assorted Sandwiches 4 oz Juice Assorted Fruit 8oz Milk – White/Choc</p>

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