

# Utah 9-12 Summer Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
Jul - 4 Pepperoni Pizza Spicy Chicken Sandwich Hummus and Pita Bistro Plate Lemon Roasted Carrots Romaine Salad LETTUCE & TOMATO Apple Wedges PEARS Ranch Dressing Vinaigrette Dressing CHEESE, PARMESAN, RED PEPPER FLAKE Milk Non-fat Chocolate MILK, 1% Lowfat	Jul - 5 Beefy Nachos Buffalo Chicken Flatbread Strawberry Spinach Salad Breadsticks Seasoned Black Beans CUCUMBER COINS Pico Cup Cantaloupe with grape PINEAPPLE CHUNKS Salsa SOUR CREAM Ranch Dressing Vinaigrette Dressing Milk Non-fat Chocolate MILK, 1% Lowfat	Jul - 6 BBQ Chicken Cheesy Baked Potato Pasta Salad Roasted Parmesan Broccoli Baby Carrots ORANGES STRAWBERRIES KETCHUP BBQ Sauce Ranch Dressing Milk Non-fat Chocolate MILK, 1% Lowfat	Jul - 7 Cheesy Ratatouille Pasta Chicken Wings and Roll Make Your Own PB&J GREEN BEANS CHERRY TOMATOES PLUMS, RAW PEACHES Ranch Dressing CHEESE, PARMESAN, RED PEPPER FLAKE Milk Non-fat Chocolate MILK, 1% Lowfat	Jul - 8 Sloppy Joe FISH STRIPS Deli Sub Macaroni and Cheese BAKED BEANS Corn on Cob LETTUCE & TOMATO STRAWBERRIES RAISINS KETCHUP MUSTARD MAYONNAISE Milk Non-fat Chocolate MILK, 1% Lowfat
Jul - 11 Chicken Tenders BISCUITS BBQ Potato Peaches and Cream Parfait Mashed Potatoes GREEN BEANS Apple Wedges PEARS KETCHUP BBQ Sauce Gravy Milk Non-fat Chocolate MILK, 1% Lowfat	Jul - 12 Cheese Quesadilla Enchilada Bake Hawaiian Chicken Wrap Refried Beans CORN Pico Cup WATERMELON CHUNKS PINEAPPLE CHUNKS Salsa SOUR CREAM Milk Non-fat Chocolate MILK, 1% Lowfat	Jul - 13 Chicken Tagine w/ Fresh Apricots Gourmet Grilled Cheese Cobb Salad Steamed Rice Zucchini Fire Stix CHERRY TOMATOES Cinnamon Applesauce ORANGES Ranch Dressing Milk Non-fat Chocolate MILK, 1% Lowfat	Jul - 14 Cheesy Baked Penne Breadstick Pepperoni Pizza Flatbread Chicken Salad Sandwich Baby Carrots Romaine Salad BANANAS Peach Cup Ranch Dressing Vinaigrette Dressing CHEESE, PARMESAN, RED PEPPER FLAKE Milk Non-fat Chocolate MILK, 1% Lowfat	Jul - 15 HAMBURGER ON A BUN VEGGIE BURGER Chicken Tender Salad Sweet Potato Fries Broccoli Salad w/ Cranberries LETTUCE & TOMATO PEACHES, FRESH Cranberries KETCHUP MUSTARD MAYONNAISE Milk Non-fat Chocolate MILK, 1% Lowfat
Jul - 18 Pepperoni Pizza Spicy Chicken Sandwich Yogurt Strawberry Parfait Lemon Roasted Carrots Romaine Salad LETTUCE & TOMATO Apple Wedges PEARS Ranch Dressing Vinaigrette Dressing CHEESE, PARMESAN, RED PEPPER FLAKE Milk Non-fat Chocolate MILK, 1% Lowfat	Jul - 19 Taco Salad Cheesy Baked Potato Breadsticks Make Your Own PB&J Seasoned Black Beans CORN Pico Cup Cantaloupe with grape PINEAPPLE CHUNKS Salsa SOUR CREAM Cheese, cheddar, grated Ranch Dressing Milk Non-fat Chocolate MILK, 1% Lowfat	Jul - 20 Oven Fried Chicken Meatball Sub Fruit and Cheese Bistro Plate Garlic Smashed Red Potatoes GREEN BEANS ORANGES STRAWBERRIES Gravy Milk Non-fat Chocolate MILK, 1% Lowfat	Jul - 21 Cheese Ravioli Breadsticks Peach and Ham Flatbread w/ Honey Balsamic Drizzle Chef Salad Zucchini Fire Stix Celery and Carrot Stick PLUMS, RAW PEACHES Ranch Dressing Cheese, mozzarella, grated Milk Non-fat Chocolate MILK, 1% Lowfat	Jul - 22 BBQ Sandwich Macaroni and Cheese Buffalo Chicken Wrap BAKED BEANS Cole Slaw Corn on Cob Strawberries and Blueberries RAISINS Milk Non-fat Chocolate MILK, 1% Lowfat

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient.

\* - denotes combined nutrient totals with either missing or incomplete nutrient data.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# School Nutrition

Monday	Tuesday	Wednesday	Thursday	Friday
Jul - 25 Breakfast Burrito Chicken and Waffles Hummus and Pita Bistro Plate Roasted Red Potatoes CHERRY TOMATOES Apple Wedges Smoothie SYRUP,PANCAKE Salsa Ranch Dressing Milk Non-fat Chocolate MILK,1% Lowfat	Jul - 26 Fish Taco Chef Salad Spanish Rice Seasoned Pinto Beans Pico Cup WATERMELON CHUNKS PINEAPPLE CHUNKS Salsa SOUR CREAM Cheese, cheddar, grat Ranch Dressing Lime Crema Milk Non-fat Chocolate MILK,1% Lowfat	Jul - 27 Thai Peanut Noodles w/ Green Beans & Chicken Gourmet Grilled Cheese Yogurt Strawberry Parfait BROCCOLI Veggies with Hummus ORANGES Cinnamon Applesauce Milk Non-fat Chocolate MILK,1% Lowfat	Jul - 28 Pasta Bar w/ topping c Tuna Salad Sandwich California Blend Stir Fr Spinach Side Salad LETTUCE & TOMATO BANANAS Peach Cup CHEESE,PARMESAN, MUSTARD MAYONNAISE Milk Non-fat Chocolate MILK,1% Lowfat	Jul - 29 Turkey Burger Bean and Cheese Burrito Spicy Chicken Salad Sweet Potato Fries CUCUMBER COINS LETTUCE & TOMATO PEACHES,FRESH Cranberries KETCHUP MUSTARD MAYONNAISE Salsa Milk Non-fat Chocolate MILK,1% Lowfat

Green Highlight=Seasonal scratch recipe available

Yellow Highlight= Harvest of the Season item, source locally when possible



Harvest of the Season

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