

Utah K-8 Summer Lunch

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

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 Grilled Chicken Wrap Egg French Toast Roasted Red Potatoes CHERRY TOMATOES Apple Wedges Smoothie SYRUP,PANCAKE Salsa Ranch Dressing Milk Non-fat Chocolate MILK,1% Lowfat MILK,Skim	Jul - 26 Chef Salad Fish Taco Seasoned Pinto Beans Pico Cup WATERMELON CHUNKS PINEAPPLE CHUNKS Salsa SOUR CREAM Shredded Cheese Ranch Dressing Lime Crema Milk Non-fat Chocolate MILK,1% Lowfat MILK,Skim	Jul - 27 Thai Peanut Noodles w/ Green Beans & Chicken Gourmet Grilled Cheese BROCCOLI RED PEPPERS & CARROTS ORANGES Cinnamon Applesauce Milk Non-fat Chocolate MILK,1% Lowfat MILK,Skim	Jul - 28 Pasta Bar w/ toppings Deli Sub Steamed Vegetable Medley Spinach Side Salad LETTUCE & TOMATO BANANAS Peach Cup CHEESE,PARMESAN, RED PEPPER FLAKE MUSTARD MAYONNAISE Milk Non-fat Chocolate MILK,1% Lowfat MILK,Skim	Jul - 29 Turkey Burger Bean and Cheese Burrito Sweet Potato Fries CUCUMBER COINS LETTUCE & TOMATO PEACHES,FRESH DRIED CRANBERRIE KETCHUP MUSTARD MAYONNAISE Salsa Milk Non-fat Chocolate MILK,1% Lowfat MILK,Skim

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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