VBS JULY LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
8 Pizza	9 Chicken Tenders Veggie Nuggets Hot Cinfetti Corn Bread Sticks	10 Mozzarella Sticks w Marinara Sauce Marinate Beef with Rice Fresh Broccoli Florets	11 Turkey Burger with Salsa and Monterey Jack Cheese Fresh Tomato Salad	12 Pizza
15 Assorted Cold Vegetarian Option Balsamic Chickpea Salad Hot dogs	16 Crispy Chicken Grab Asian Red Cabbage	17 Chicken Ceaser Wrap Marinted Beef with Rice Lemon Arugula Salad	18 Chicken Salad Hoagie Basil Corn Salad Hamburger or Cheeseburger Crunchy Carrot Sticks	19 Pizza
22 Assorted Cold Vegetarian Option Crunchy Carrot Sticks Hot dogs	23 Chimichurri Chicken Wrap Classic Potato Salad	24 Asian Sesame Crispy Chicken Marinated Beef with Rice Marinated Bean Salad Served with Salsa	25 Chicken Tender Wrap Broccoli Salad Hamburger or Cheeseburger	26 Pizza
29 Assorted Cold Vegetarian Option Balsamic Chickpea Hot dogs	30 Crispy Chicken Grab Asian Red Cabbage	31 Chicken Ceaser Wrap Marinated Beef with Rice Lemon Arugula Salad		

OFFERED DAILY

MILK= 1% Low Fat

Fat Free/Fat Free Chocolate Milk

Rice and dried seaweed will be offered daily

Seasonal Freash Fruits

Apples, Apple Slices, Blueberries, Cantaloupe, Grapefruit, Grapes Honeydew, Nectarines, Oranges, Peaches, Bananas, Watermelon and Strawberries