

# VBS JULY LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
8	9	10	11	12
Pizza	Chicken Tenders Veggie Nuggets Hot Cinfetti Corn Bread Sticks	Mozzarella Sticks w Marinara Sauce Marinate Beef with Rice Fresh Broccoli Florets	Turkey Burger with Salsa and Monterey Jack Cheese Fresh Tomato Salad	Pizza
15	16	17	18	19
Pizza Italian Green Beans Frozen Fruit Cup	Crispy Chicken Bites with Dipping Sauce Sweet Potato Wedge Fries	Garlic and Tomato Panini Marinted Beef with Rice Lemon Arugula Salad Marinera Sauce	Fish and Cheese Sandwich Whole wheat Bun Hamburger or Cheeseburger Whole Wheat Bun Seasoned Wedge Fries	Pizza
22	23	24	25	26
Sicillian Pizza Garlicky Green Bean Seasoned Chickpeas Frozen Fruit Cup	Chicken Tenders Veggie Nuggets Hot Confette Corn Bread Sticks	Mozzarella Sticks with Marinara sauce Marinated Beef with Rice Freash Broccoli Florets Garlic Knot	Turkey Burger with Salsa and Monterey Jack Cheese Freash Tomato Salad	Pizza
29	30	31		
Pizza Italian Green Beans Frozen Fruit Cup	Crispy Chicken Bites Sweet Potato Wedge Fries Dinner roll	Garlic and Tomato Panini Lemon Arugula Salad Marinara Sauce Mariated beef with rice		
<b>OFFERED DAILY</b> MILK= 1% Low Fat Fat Free/Fat Free Chocolate Milk		<b>Seasonal Freash Fruits</b> Apples, Apple Slices, Blueberries, Cantaloupe, Grapefruit, Grapes Honeydew, Nectarines, Oranges, Peaches, Bananas, Watermelon and Strawberries		

Rice and dried seaweed will be offered daily