





2019 Summer Food Lunch Menu

June

	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
						
2	3	4	5	6	7	8
9	10 Cheese Pizza Day	11 Italian Sub Sandwich	12 Turkey and Provolone Deli Sandwich	13 Lunchable w/Yogurt	14 Cheese Pizza Day	15
	Pizza Crust .9oz Cheese 2 oz Seasonal Fruit ½ cup 100% Fruit Juice ¼ cup Fluid Milk 8 oz	Italian Combo 2 oz Roll 25 g American Cheese 2 oz Seasonal Fruit ½ cup 100% Fruit Juice ¼ cup Fluid Milk 8 oz	Turkey 2 oz Provolone Cheese 2 oz Whole Grain Bread 25 g Seasonal Veggies ½ cup 100% Fruit Juice ¼ cup Fluid Milk 8 oz	Turkey Ham 1.53 oz American Cheese 1 oz Whole Grain Cracker 2 oz Yogurt 4 oz Seasonal Fruit ½ cup 100% Fruit Juice ¼ cup Fluid Milk 8 oz	Pizza Crust .9 oz Cheese 2 oz Seasonal Fruit ½ cup 100% Fruit Juice ¼ cup Fluid Milk 8 oz	
16	17 Turkey and Cheese On Bagel	18 Grilled Chicken Taco Wrap	19 Turkey Ham and Cheese on Croissant	20 Ranch Chicken Sandwich	21 Cheese Pizza Day	22
	Turkey 2 oz Cheese 2 oz Bagel 25 g Seasonal Veggies ½ cup 100% Fruit Juice ¼ cup Fluid Milk 8 oz	Chicken 1.5 oz Tortilla 25 g Cheese 1 oz Seasonal Fruit ½ cup 100% Fruit Juice ¼ cup Fluid Milk 8 oz	Turkey Ham 2 oz Cheese 2 oz Whole Grain Bread 25 g Seasonal Veggies ½ cup 100% Fruit Juice ¼ cup Fluid Milk 8 oz	Chicken Breast 2 oz Hamburger Bun 25 g Seasonal Fruit ½ cup 100% Fruit Juice ¼ cup Fluid Milk 8 oz	Pizza Crust .9 oz Cheese 2 oz Seasonal Fruit ½ cup 100% Fruit Juice ¼ cup Fluid Milk 8 oz	
23	24 Chicken Salad on Croissant	25 Italian Sub Sandwich	26 Turkey and Provolone Deli Sandwich	27 Lunchable w/Yogurt	28 Cheese Pizza Day	29
	Chicken Salad 3.2 oz Croissant 31 g Seasonal Veggies ½ cup 100% Fruit Juice ¼ cup Fluid Milk 8 oz	Italian Combo 2 oz Roll 25 g American Cheese 2 oz Seasonal Fruit ½ cup 100% Fruit Juice ¼ cup Fluid Milk 8 oz	Turkey 2 oz Provolone Cheese 2 oz Whole Grain Bread 25 g Seasonal Veggies ½ cup 100% Fruit Juice ¼ cup Fluid Milk 8 oz	Turkey Ham 1.53 oz American Cheese 1 oz Whole Grain Cracker 2 oz Seasonal Fruit ½ cup Yogurt 4 oz 100% Fruit Juice ¼ cup Fluid Milk 8 oz	Pizza Crust .9 oz Cheese 2 oz Seasonal Fruit ½ cup 100% Fruit Juice ¼ cup Fluid Milk 8 oz	
30						



July

2019 Summer Food Lunch Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Turkey and Cheese On Bagel Turkey 2 oz Cheese 2 oz Bagel 25 g Seasonal Veggies ½ cup 100% Fruit Juice ¼ cup Fluid Milk 8 oz	2 Grilled Chicken Taco Wrap Chicken 1.5 oz Tortilla 25 g Cheese 1 oz Seasonal Fruit ½ cup 100% Fruit Juice ¼ cup Fluid Milk 8 oz	3 Turkey Ham and Cheese on Croissant Turkey Ham 2 oz Cheese 2 oz Whole Grain Bread 25 g Seasonal Veggies ½ cup 100% Fruit Juice ¼ cup Fluid Milk 8 oz	4 HAPPY 4TH OF JULY	5 Cheese Pizza Day Pizza Crust .9 oz Cheese 2 oz Seasonal Fruit ½ cup 100% Fruit Juice ¼ cup Fluid Milk 8 oz	
7	8 Chicken Salad on Croissant Chicken Salad 3.2 oz Croissant 31 g Seasonal Veggies ½ cup 100% Fruit Juice ¼ cup Fluid Milk 8 oz	9 Italian Sub Sandwich Italian Combo 2 oz Roll 25 g American Cheese 2 oz Seasonal Fruit ½ cup 100% Fruit Juice ¼ cup Fluid Milk 8 oz	10 Turkey and Provolone Deli Sandwich Turkey 2 oz Provolone Cheese 2 oz Whole Grain Bread 25 g Seasonal Veggies ½ cup 100% Fruit Juice ¼ cup Fluid Milk 8 oz	11 Lunchable w/Yogurt Turkey Ham 1.53 oz American Cheese 1 oz Whole Grain Cracker 2 oz Seasonal Fruit ½ cup Yogurt 4 oz 100% Fruit Juice ¼ cup Fluid Milk 8 oz	12 Cheese Pizza Day Pizza Crust .9 oz Cheese 2 oz Seasonal Fruit ½ cup 100% Fruit Juice ¼ cup Fluid Milk 8 oz	13
14	15 Turkey and Cheese On Bagel Turkey 2 oz Cheese 2 oz Bagel 25 g Seasonal Veggies ½ cup 100% Fruit Juice ¼ cup Fluid Milk 8 oz	16 Grilled Chicken Taco Wrap Chicken 1.5 oz Tortilla 25 g Cheese 1 oz Seasonal Fruit ½ cup 100% Fruit Juice ¼ cup Fluid Milk 8 oz	17 Turkey Ham and Cheese on Croissant Turkey Ham 2 oz Cheese 2 oz Whole Grain Bread 25 g Seasonal Veggies ½ cup 100% Fruit Juice ¼ cup Fluid Milk 8 oz	18 Ranch Chicken Sandwich Chicken Breast 2 oz Hamburger Bun 25 g Seasonal Fruit ½ cup 100% Fruit Juice ¼ cup Fluid Milk 8 oz	19 Cheese Pizza Day Pizza Crust .9 oz Cheese 2 oz Seasonal Fruit ½ cup 100% Fruit Juice ¼ cup Fluid Milk 8 oz	20
21	22 Chicken Salad on Croissant Chicken Salad 3.2 oz Croissant 31 g Seasonal Veggies ½ cup 100% Fruit Juice ¼ cup Fluid Milk 8 oz	23 Italian Sub Sandwich Italian Combo 2 oz Roll 25 g American Cheese 2 oz Seasonal Fruit ½ cup 100% Fruit Juice ¼ cup Fluid Milk 8 oz	24 Turkey and Provolone Deli Sandwich Turkey 2 oz Provolone Cheese 2 oz Whole Grain Bread 25 g Seasonal Veggies ½ cup 100% Fruit Juice ¼ cup Fluid Milk 8 oz	25 Lunchable w/Yogurt Turkey Ham 1.53 oz American Cheese 1 oz Whole Grain Cracker 2 oz Seasonal Fruit ½ cup Yogurt 4oz 100% Fruit Juice ¼ cup Fluid Milk 8 oz	26 Cheese Pizza Day Pizza Crust .9 oz Cheese 2 oz Seasonal Fruit ½ cup 100% Fruit Juice ¼ cup Fluid Milk 8 oz	27
28	29 Turkey and Cheese On Bagel Turkey 2 oz Cheese 2 oz Bagel 25 g Seasonal Veggies ½ cup 100% Fruit Juice ¼ cup Fluid Milk 8 oz	30 Grilled Chicken Taco Wrap Chicken 1.5 oz Tortilla 25 g Cheese 1 oz Seasonal Fruit ½ cup 100% Fruit Juice ¼ cup Fluid Milk 8 oz	31 Turkey Ham and Cheese on Croissant Turkey Ham 2 oz Cheese 2 oz Whole Grain Bread 25 g Seasonal Veggies ½ cup 100% Fruit Juice ¼ cup Fluid Milk 8 oz			

August

2019 Summer Food Lunch Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Ranch Chicken Sandwich Chicken Breast 2oz Hamburger Bun 25g Seasonal Fruit ½ cup 100% Fruit Juice ¼ cup Fluid Milk 8 oz	2 Cheese Pizza Day Pizza Crust .9 oz Cheese 2 oz Seasonal Fruit ½ cup 100% Fruit Juice ¼ cup Fluid Milk 8 oz	
4	5 Chicken Salad on Croissant Chicken Salad 3.2 oz Croissant 31 g Seasonal Veggies ½ cup 100% Fruit Juice ¼ cup Fluid Milk 8 oz	6 Italian Sub Sandwich Italian Combo 2 oz Roll 25 g American Cheese 2 oz Seasonal Fruit ½ cup 100% Fruit Juice ¼ cup Fluid Milk 8 oz	7 Turkey and Provolone Deli Sandwich Turkey 2 oz Provolone Cheese 2 oz Whole Grain Bread 25 g Seasonal Veggies ½ cup 100% Fruit Juice ¼ cup Fluid Milk 8 oz	8 Lunchable w/Yogurt Turkey Ham 1.53 oz American Cheese 1 oz Whole Grain Cracker 2 oz Seasonal Fruit ½ cup Yogurt 4oz 100% Fruit Juice ¼ cup Fluid Milk 8 oz	9 Cheese Pizza Day Pizza Crust .9 oz Cheese 2 oz Seasonal Fruit ½ cup 100% Fruit Juice ¼ cup Fluid Milk 8 oz	10
11	12 Turkey and Cheese On Bagel Turkey 2 oz Cheese 2 oz Bagel 25 g Seasonal Veggies ½ cup 100% Fruit Juice ¼ cup Fluid Milk 8 oz	13 Grilled Chicken Taco Wrap Chicken 1.5 oz Tortilla 25 g Cheese 1 oz Seasonal Fruit ½ cup 100% Fruit Juice ¼ cup Fluid Milk 8 oz	14 Turkey Ham and Cheese on Croissant Turkey Ham 2 oz Cheese 2 oz Whole Grain Bread 25 g Seasonal Veggies ½ cup 100% Fruit Juice ¼ cup Fluid Milk 8 oz	15 Ranch Chicken Sandwich Chicken Breast 2 oz Hamburger Bun 25 g Seasonal Fruit ½ cup 100% Fruit Juice ¼ cup Fluid Milk 8 oz	16 Cheese Pizza Day Pizza Crust .9 oz Cheese 2 oz Seasonal Fruit ½ cup 100% Fruit Juice ¼ cup Fluid Milk 8 oz	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

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