

# JULY SUMMER MENU

July 2019

Bluemont Lunch

## MONDAY

1

- PB&J Uncrustable
- Crunchy Baby Carrots
- Mixed Fruit
- Raisins
- Apple Jucie
- Cheez It Crackers
- Ranch
- 1% White Milk

## TUESDAY

2

- Chicken Wrap
- Fresh Broccoli Florets
- Tropical Fruit
- White Grape Jucie
- Raisins
- Goldfish Crackers
- Ranch
- 1% White Milk

## WEDNESDAY

3

- Turkey Wrap
- Crunchy Baby Carrots
- Pears
- Raisins
- Apple Jucie
- Nacho Cheese Crackers
- Ranch
- 1% White Milk

## THURSDAY

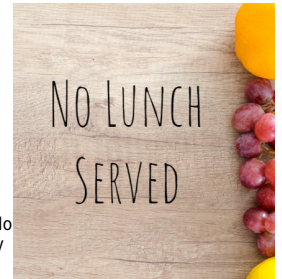
4



No Breakfast or Lunch. Have a Happy Independence Day!

## FRIDAY

5



8

- Classic Cheeseburger
- Seasoned Potato Wedges
- Brown Sugar Baked Beans
- Mandarin Orange
- Apple Slices
- 1% White Milk

9

- Loaded Nachos
- Refried Beans
- Cheese Sauce
- Lettuce & Tomatoes
- Salsa Cup
- Chilled Applesauce
- Juicy Clementine
- Sour Cream
- 1% White Milk

10

- Crispy Chicken Nuggets
- Seasoned Potato Wedges
- Vegetable of the Month
- Chilled Peach Slices
- Banana
- Sweet Cornbread Muffin
- BBQ sauce
- 1% White Milk

11

- Personal Pan Cheesy Pizza
- Steamed Corn
- Cherry Smooth Slush Cup
- Marinara Sauce Cup
- Mixed Fruit
- Fresh Fruit Variety
- 1% White Milk

12

- French Toast Sticks
- Sausage Patty
- Hashbrown Pattie
- Power Punch Juice Box
- Fresh Fruit Variety
- Tropical Fruit
- Syrup
- 1% White Milk

15

- Hot Ham & Cheese Pocket
- Green Beans
- Marinara Sauce Cup
- Pineapple
- Apple Slices
- 1% White Milk

16

- Taco
- Refried Beans
- Lettuce & Tomatoes
- Salsa Cup
- Chilled Applesauce
- Clementine
- Sour Cream
- 1% White Milk

17

- Orange Chicken
- Brown Rice
- Cheesy Broccoli
- Fresh Zucchini
- Pineapple
- Fresh Fruit Variety
- 1% White Milk

18

- Breakfast Chicken
- Mini Maple Waffles
- Hashbrown Pattie
- Power Punch Juice Box
- Sweet Mango
- Chilled Peach Slices
- Syrup
- Ketchup
- 1% White Milk

19

- Salisbury Steak
- Fluffy Mashed Potatoes
- Steamed Carrots
- Sweet Cornbread Muffin
- Tropical Fruit
- Fresh Fruit Variety
- Brown Gravy
- 1% White Milk

22

- Chicken tenders
- Seasoned Potato Wedges
- Sugar Snap Peas
- Mixed Fruit
- Apple Slices
- Sweet Cornbread Muffin
- Ranch
- BBQ sauce
- 1% White Milk

23

- Chicken Crispito
- Refried Beans
- Leafy Green Side Salad
- Salsa Cup
- Chilled Peach Slices
- Clementine
- Cheese Sauce
- 1% White Milk

24

- Personal Pan Cheesy Pizza
- Steamed Corn
- Crunchy Baby Carrots
- Mandarin Orange
- Banana
- Ranch
- 1% White Milk

25

- Corn Dog
- Seasoned Potato Wedges
- Brown Sugar Baked Beans
- Chilled Applesauce
- Fresh Fruit Variety
- Ketchup
- 1% White Milk

26

- Crispy Chicken Nuggets
- Fluffy Mashed Potatoes
- Steamed Carrots
- Sweet Cornbread Muffin
- Tropical Fruit
- Fresh Fruit Variety
- Brown Gravy
- 1% White Milk

29

30

31

More Details: [usd383.nutrislice.com/menu/bluemont/summer-lunch/](http://usd383.nutrislice.com/menu/bluemont/summer-lunch/)  
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UNIFIED SCHOOL DISTRICT 383

