

Child Study Center(Camp) - Lunch

July 3 - July 31

What's Cooking Today?

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p align="right">3</p> <p>Chicken Nuggets-4 Corn-1/2 c. Applesauce Cup-1/2 c. Whole Grain Bread Milk-6 oz.</p>	<p align="right">4</p> <p align="center">HAPPY INDEPENDENCE DAY</p>	<p align="right">6</p> <p>Salisbury Steak w/ Gravy-3 oz. Roasted Potato Medley-1/2 c. Fresh Apple-1 Whole Grain Bread Milk-6 oz.</p>	<p align="right">7</p> <p>Sliced Chicken on a Whole Grain Roll-1 Fresh Baby Carrots with Dip-1/2 c. Fresh Banana-1 Milk-6 oz.</p>	<p align="right">8</p> <p>3x5 Pizza Square-1 Celery Sticks w/ Dip-1/2 c. Fresh Nectarine-1. Cheese Stick-1 Milk-6 oz.</p>
<p align="right">10</p> <p>All Beef Hamburger on a Wheat Bun-1 Corn-1/2 c. Pineapple Cup-1/2 c. Milk-6 oz.</p>	<p align="right">11</p> <p>Teriyaki Chicken Bites-4 Mixed Vegetables-1/2 c. Wheat Dinner Roll Fresh Apple-1 Milk-6 oz.</p>	<p align="right">12</p> <p>Baked Ziti-5 oz. Green Beans-1/2 c. Italian Bread Fresh Banana-1 Milk-6 oz.</p>	<p align="right">13</p> <p>Turkey on a Wheat Bun-1 Fresh Baby Carrots with Dip-1/2 c. Mandarin Orange Cup-1/2 c. Milk-6 oz.</p>	<p align="right">14</p> <p>Macaroni and Cheese-5 oz. Peas-1/2 c. Strawberry Applesauce Cup-1/2 c. Whole Grain Bread Milk-6 oz.</p>
<p align="right">17</p> <p>Chicken Fingers-3 Corn-1/2 c. Fresh Apple-1 Wheat Dinner Roll Milk-6 oz.</p>	<p align="right">18</p> <p>Macaroni and Beef-5 oz. Green Beans-1/2 c. Fresh Orange-1 Whole Grain Bread Milk-6 oz.</p>	<p align="right">19</p> <p>Swedish Turkey Meatballs w/ Gravy-3 oz. Roasted Potato Medley-1/2 c. Diced Peach Cup-1/2 c. Whole Grain Bread Milk-6 oz.</p>	<p align="right">20</p> <p>Sliced Chicken on a Whole Grain Roll-1 Fresh Baby Carrots with Dip-1/2 c. Fresh Banana-1 Milk-6 oz.</p>	<p align="right">21</p> <p>3x5 Pizza Square-1 Romaine Salad w/ Dressing-1 c. Applesauce Cup-1/2 c. Cheese Stick-1 Milk-6 oz.</p>
<p align="right">24</p> <p>All Beef Hamburger on a Wheat Bun-1 Mixed Vegetables-1/2 c. Diced Pear Cup-1/2 c. Milk-6 oz.</p>	<p align="right">25</p> <p>Medium Square Cheese Ravioli w/ Meat Sauce-5 oz. Green Beans-1/2 c. Fresh Apple-1 Whole Grain Bread Milk-6 oz.</p>	<p align="right">26</p> <p>Chicken Fryz-3 Corn-1/2 c. Fresh Banana-1 Wheat Dinner Roll Milk-6 oz.</p>	<p align="right">27</p> <p>Turkey on a Wheat Bun-1 Fresh Baby Carrots with Dip-1/2 c. Fresh Plum-1 Milk-6 oz.</p>	<p align="right">28</p> <p>Macaroni and Cheese-5 oz. Broccoli Florets-1/2 c. Peach Applesauce Cup-1/2 c. Whole Grain Bread Milk-6 oz.</p>
<p align="right">31</p> <p>Popcorn Chicken-5 oz. Corn-1/2 c. Diced Peach Cup-1/2 c. Whole Grain Bread Milk-6 oz.</p>				