

July 2017

Amherst Summer Meals – Lunch Menus

LUNCH



Milk is served with every meal
Harvest of the Month Summer Crops are
Strawberries, Cucumbers, and Peaches)



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday

3

Tuesday

4

HOLIDAY

Wednesday

5

Cheese Pizza
Steamed Veggies
Applesauce

Thursday

6

Burger or Veggie Burger
On WW Bun
w/ French Fries and Sliced
Pickles
Fruit Cup

Friday

7

Chicken Tenders
w/ Steamed Veggies
Dinner Roll
Sliced Peaches

Waffles w/ Syrup
Turkey Sausages
Cucumber Coins
Sliced Oranges

10

Cold Cut Grinder
w/ Turkey, Ham, & Cheese
Lettuce & Tomato
Chips and Sliced Pickle
Fresh Apples

11

Popcorn Chicken w/ Corn
& Mashed Potato
Snack Pak Carrots w/ Dip
Local Blueberries

12

Turkey & Cheese Rollups
w/ Lettuce & Tomato
Celery Sticks w/ Dip
Fresh Cantaloupe

13

Burger or Veggie Burger
On WW Bun
Lettuce & Tomato
Southwestern Corn Salad
Fresh Fruit Salad

14

Mozzarella Sticks / Sauce
Garden Salad w/ Farm
Fresh Cucumbers
Dinner Roll
Fresh Orange Slices

17

Chicken Tenders
w/ Mashed Sweet Potatoes
Dinner Roll
Sliced Peaches

18

Cheese Pizza
Carrot Sticks & Celery
Sticks w/ Dip
Strawberries

19

Grilled Cheese Sandwich
Grape Tomatoes w/ Dip
Graham Snack
Fresh Watermelon

20

Burger or Veggie Burger
On WW Bun
Cheese, Lettuce, Tomato
Pickle Slice
Fresh Fruit Salad

21

French Toast Sticks w/
Syrup
Turkey Sausage
Cucumber Coins
Pear Cups

24

Turkey / Cheese Sandwich
Lettuce & Tomato
Chips and Sliced Pickle
Fresh Peach

25

Popcorn Chicken w/ Corn
& Tater Tots
Celery Sticks w/ Dip
Fresh Orange

26

Mac & Cheese
Snack Pak Carrots
Farm Fresh Blueberries

27

Burger or Veggie Burger
On WW Bun
Lettuce & Tomato
Pasta Salad
Fresh Fruit Salad

28

31

