

July 2022 Breakfast & Lunch 6-8 Grade

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	NOTES
18 World Listening Day  Breakfast Mini French Toast 🍌 or Cheese Quesadilla 🍌 or Assorted Cereal 🍌 <hr/> LUNCH Corn Dog, Mustard PC or Chili Dog or Chef Choice Meal Sides Ranch Beans, Sweet Potato Waffle Fries, Ketchup PC, Fruit 	19 Stick Out Your Tongue Day  Breakfast Peanut Butter & Jelly Sandwich 🍌 or Homemade Bean Burrito 🍌 or Assorted Cereal 🍌 <hr/> LUNCH Spaghetti With Meat Sauce or Chicken Alfredo with a Twist or Chef Choice Meal Sides Italian Blend Vegetables, Fresh Garden Salad, Ranch Dressing PC, Garlic Bread Slice, Fruit	20 National Moon Day  Breakfast Breakfast Turkey Sausage Pizza or English Muffin w/Egg Patty & Cheese 🍌 or Assorted Cereal 🍌 <hr/> LUNCH Mandarin Orange Chicken or BBQ Teriyaki Chicken or Chef Choice Meal Sides Steamed Rice, Stir Fry Vegetables, Cucumber Slices, Ranch Dressing PC, Dinner Roll, Fortune Cookie, Fruit	21 Comic Con  Breakfast Banana Bread 🍌 or Chicken & Waffles w/Syrup PC or Assorted Cereal 🍌 <hr/> LUNCH Red Chili Smothered Bean Burrito 🍌 or Bean Burrito 🍌 or Chef Choice Meal Sides Fresh Garden Salad, Ranch Dressing PC, Spanish Rice, Fruit	22 National Hammock Day  Breakfast Apple Zings Cereal, Blueberry Yogurt 🍌 or Scrambled Eggs, Bacon 🍌 & Biscuit or Cherry Frudel 🍌 <hr/> LUNCH Sloppy Joe on a Roll or Hot n' Spicy Chicken Patty w/Cheese on a Bun or Chef Choice Meal Sides Celery Sticks, Ranch Dressing PC, Potato Smiles, Ketchup PC, Fruit	Served Monday-Friday for Breakfast -Fruit Juice, Fruit & Milk Served Monday-Friday for Lunch -Milk, See Menu for Fruit Component Contains Pork 🍌 Meatless Menu 🍌 <i>Students may choose only one entrée at breakfast and only one entrée at lunch.</i> Did you know? <i>July is National Ice Cream Month, and you have Kentucky to thank! In 1984, Senator Walter Dee Huddleston of Kentucky introduced a resolution to proclaim the month of July 1984 National Ice Cream Month and the 15th of that month National Ice Cream Day. Ronald Reagan signed the bill into law the same year, and the rest is history! Even though the bill only specified that July 1984 was National Ice Cream Month, the tradition carries on—much to our pleasure.</i> 
25 National Merry Go Round Day  Breakfast Strawberry Cream Cheese Mini Bagel 🍌 or Zucchini Bread 🍌 or Assorted Cereal 🍌 <hr/> LUNCH Pulled Pork 🍌 on a Bun, BBQ Sauce or Italian Meatball Sub or Chef Choice Meal Sides Baked Beans, Baby Carrots, Ranch Dressing PC, Fruit	26 National Aunt and Uncle Day  Breakfast Piggie Stick 🍌 or Homemade Beef, Potato, Green Chili & Cheese Burrito or Assorted Cereal 🍌 <hr/> LUNCH Beef Tacos or Chicken Tacos or Chef Choice Meal Sides Taco Sauce PC, Refried Beans, Yellow Corn, Fruit	27 National Creme Brûlée Day  Breakfast Mini Blueberry Waffle 🍌 or Omelet /w Croissant 🍌 or Assorted Cereal 🍌 <hr/> LUNCH Chicken Nuggets or Chicken Drumstick or Chef Choice Meal Sides Mashed Potatoes, Brown Gravy, Green Beans, Dinner Roll, Fruit	28 National Milk Chocolate Day  Breakfast Biscuit w/ Turkey Sausage & Cheese or Red Chilaquiles 🍌 or Assorted Cereal 🍌 <hr/> LUNCH Hot Dog on a Bun or Mini Corn Dogs or Chef Choice Meal Sides Tater Tots, Ketchup PC, Mustard PC, Ranch Style Beans, Mozzarella Cheese Stick, Fruit	29 International Tiger Day  Breakfast Lucky Charms Cereal, Go-Gurt 🍌 or Homemade Egg & Cheese Burrito or Pancake Sausage 🍌 Sandwich <hr/> LUNCH Toasted Ham 🍌 & Cheese Sandwich or Ham 🍌 & Cheese Sandwich or Chef Choice Meal Sides Sun Chips, Broccoli Florets, Baby Carrots, Ranch Dressing PC, Fruit	

"We Think Nutrition Because Kids Can't Think Without It"

Menus Subject to Change

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