

July 2022 Breakfast & Lunch 9-12 Grade

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	NOTES
18 World Listening Day  Breakfast Mini French Toast  or Cheese Quesadilla  or Assorted Cereal  LUNCH Corn Dog, Mustard PC,  Chili Dog  Chef Choice Meal Sides Ranch Beans, Sweet Potato Waffle Fries, Ketchup PC, Fruit, Fruit Juice 	19 Stick Out Your Tongue Day  Breakfast Peanut Butter & Jelly Sandwich  or Homemade Bean Burrito  or Assorted Cereal  LUNCH Spaghetti With Meat Sauce  or Chicken Alfredo with a Twist  Chef Choice Meal Sides Italian Blend Vegetables, Fresh Garden Salad, Ranch Dressing PC, Garlic Bread Slice, Chocolate Chip Granola Bar, Fruit, Fruit Juice	20 National Moon Day  Breakfast Breakfast Turkey Sausage Pizza  or English Muffin w/Egg Patty & Cheese  or Assorted Cereal  LUNCH Mandarin Orange Chicken  or BBQ Teriyaki Chicken  Chef Choice Meal Sides Steamed Rice, Stir Fry Vegetables, Cucumber Slices, Ranch Dressing PC, Dinner Roll, Fortune Cookie, Fruit, Fruit Juice	21 Comic Con  Breakfast Banana Bread  or Chicken & Waffles w/Syrup PC  Assorted Cereal  LUNCH Red Chili Smothered Bean Burrito  or Bean Burrito  or Chef Choice Meal Sides Fresh Garden Salad, Ranch Dressing PC, Spanish Rice, Fruit, Fruit Juice	22 National Hammock Day  Breakfast Apple Zings Cereal, Blueberry Yogurt  or Scrambled Eggs, Bacon  & Biscuit  Cherry Frudel  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, Fruit Juice	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  LUNCH Pulled Pork  on a Bun, BBQ Sauce  Italian Meatball Sub  Chef Choice Meal Sides Baked Beans, Baby Carrots, Ranch Dressing PC, Sun Flower Seeds, Fruit, Fruit Juice	26 National Aunt and Uncle Day  Breakfast Piggle Stick  or Homemade Beef, Potato, Green Chili & Cheese Burrito  Assorted Cereal  LUNCH Beef Tacos  Chicken Tacos  Chef Choice Meal Sides Taco Sauce PC, Refried Beans, Yellow Corn, Spanish Rice, Fruit, Fruit Juice	27 National Creme Brûlée Day  Breakfast Mini Blueberry Waffle  or Omelet w/Croissant  or Assorted Cereal  LUNCH Chicken Nuggets  Chicken Drumstick  Chef Choice Meal Sides Mashed Potatoes, Brown Gravy, Green Beans, Dinner Roll, Fruit, Fruit Juice	28 National Milk Chocolate Day  Breakfast Biscuit w/ Turkey Sausage & Cheese  Red Chilaquilles  or Assorted Cereal  LUNCH Hot Dog on a Bun  Mini Corn Dogs  Chef Choice Meal Sides Tater Tots, Ketchup PC, Mustard PC, Ranch Style Beans, Mozzarella Cheese Stick, Gold Fish Cheddar Cracker, Fruit, Fruit Juice	29 International Tiger Day  Breakfast Lucky Charms Cereal, Go-Gurt  or Homemade Egg & Cheese Burrito  or Pancake Sausage  Sandwich LUNCH Toasted Ham  & Cheese Sandwich  Ham  & Cheese Sandwich  Chef Choice Meal Sides Sun Chips, Broccoli Florets, Baby Carrots, Ranch Dressing PC, Fruit, Fruit Juice	

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Menus Subject to Change

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