

# July 2022 Breakfast & Lunch 9-12 Grade

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	NOTES
<b>18 World Listening Day</b>  <b>Breakfast</b> Mini French Toast 🍌 or Cheese Quesadilla 🍌 or Assorted Cereal 🍌 <hr/> <b>LUNCH</b> Corn Dog, Mustard PC, Chili Dog or Chef Choice Meal Sides Ranch Beans, Sweet Potato Waffle Fries, Ketchup PC, Fruit, Fruit Juice 	<b>19 Stick Out Your Tongue Day</b>  <b>Breakfast</b> Peanut Butter & Jelly Sandwich 🍌 or Homemade Bean Burrito 🍌 or Assorted Cereal 🍌 <hr/> <b>LUNCH</b> 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, Chocolate Chip Granola Bar, Fruit, Fruit Juice	<b>20 National Moon Day</b>  <b>Breakfast</b> Breakfast Turkey Sausage Pizza or English Muffin w/Egg Patty & Cheese 🍌 or Assorted Cereal 🍌 <hr/> <b>LUNCH</b> 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, Fruit Juice	<b>21 Comic Con</b>  <b>Breakfast</b> Banana Bread 🍌 or Chicken & Waffles w/Syrup PC or Assorted Cereal 🍌 <hr/> <b>LUNCH</b> Red Chili Smothered Bean Burrito 🍌 or Bean Burrito 🍌 or Chef Choice Meal Sides Fresh Garden Salad, Ranch Dressing PC, Spanish Rice, Fruit, Fruit Juice	<b>22 National Hammock Day</b>  <b>Breakfast</b> Apple Zings Cereal, Blueberry Yogurt 🍌 or Scrambled Eggs, Bacon 🍌 & Biscuit or Cherry Frudel 🍌 <hr/> <b>LUNCH</b> 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 <b>Breakfast</b> -Fruit Juice, Fruit & Milk  Served Monday-Friday for <b>Lunch</b> -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>  <b>Did you know?</b> <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>  
<b>25 National Merry Go Round Day</b>  <b>Breakfast</b> Strawberry Cream Cheese Mini Bagel 🍌 or Zucchini Bread 🍌 or Assorted Cereal 🍌 <hr/> <b>LUNCH</b> Pulled Pork 🍌 on a Bun, BBQ Sauce or Italian Meatball Sub or Chef Choice Meal Sides Baked Beans, Baby Carrots, Ranch Dressing PC, Sun Flower Seeds, Fruit, Fruit Juice	<b>26 National Aunt and Uncle Day</b>  <b>Breakfast</b> Piggie Stick 🍌 or Homemade Beef, Potato, Green Chili & Cheese Burrito or Assorted Cereal 🍌 <hr/> <b>LUNCH</b> Beef Tacos or Chicken Tacos or Chef Choice Meal Sides Taco Sauce PC, Refried Beans, Yellow Corn, Spanish Rice, Fruit, Fruit Juice	<b>27 National Creme Brûlée Day</b>  <b>Breakfast</b> Mini Blueberry Waffle 🍌 or Omelet /w Croissant 🍌 or Assorted Cereal 🍌 <hr/> <b>LUNCH</b> Chicken Nuggets or Chicken Drumstick or Chef Choice Meal Sides Mashed Potatoes, Brown Gravy, Green Beans, Dinner Roll, Fruit, Fruit Juice	<b>28 National Milk Chocolate Day</b>  <b>Breakfast</b> Biscuit w/ Turkey Sausage & Cheese or Red Chilaquiles 🍌 or Assorted Cereal 🍌 <hr/> <b>LUNCH</b> 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, Gold Fish Cheddar Cracker, Fruit, Fruit Juice	<b>29 International Tiger Day</b>  <b>Breakfast</b> Lucky Charms Cereal, Go-Gurt 🍌 or Homemade Egg & Cheese Burrito or Pancake Sausage 🍌 Sandwich <hr/> <b>LUNCH</b> Toasted Ham 🍌 & Cheese Sandwich or Ham 🍌 & Cheese Sandwich or Chef Choice Meal Sides Sun Chips, Broccoli Florets, Baby Carrots, Ranch Dressing PC, Fruit, Fruit Juice	

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

Menus Subject to Change

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