

July 2017

Our Lady of the Lake Catholic School

LUNCH

Summer Food Program
Lunch is 11:00am to 11:45am M-F
Free to all kids 1 to 18 years of age.
Adults \$3.00



Nutrition Tip: Snow Peas! A delicious and crunchy snack. Snow peas are low in saturated fat, high fiber, helps prevent eye diseases, benefits those who suffer from asthma, autoimmune disease, arthritis, IBS, and resolves digestive issues naturally.

Monday

No Summer Food Program **3**

Tuesday

No Summer Food Program **4**

Happy 4th of July!

Wednesday

Chicken Nuggets **5**
Mashed Potatoes
Peas & Carrots
Garden Salad
Cranberries Pears

Thursday

Cheeseburger **6**
French Fries
Baked Beans
Green Beans
Fruit cocktail

Friday

Pizza **7**
Garden Salad
Mixed Veggies
Mandarin Oranges
Blueberry Muffin

Hot Dog **10**
Noodles Garden Salad
Fresh Veggies & Dip
Baked Beans
Tropical Fruit

Spaghetti Hot Dish **11**
Bread Stick
Garden Salad
Green Beans
Peaches

Mac & Cheese **12**
Soft Pretzel
Sliced Ham
Garden Salad Corn
Apricots

Baked Chicken **13**
Mashed Potatoes
Gravy Stuffing
California Medley
Cranberries Pears

Tomato Soup **14**
Grilled cheese
Garden Salad
Mixed Veggies
Mixed Fruit Jell-O

Chicken Sandwich **17**
Tator Tots Salad
Baked Beans
Green Beans
Pineapple Tidbits

Salisbury Steak **18**
Mashed Potatoes
Glazed Carrots
Dinner Roll Garden Salad
Peaches

Ravioli **19**
Bread Stick
Garden Salad
California Medley
Pears

Taco's **20**
Rice Corn
Garden Salad
Corn Bread
Tropical Fruit

Pizza Dippers **21**
Fresh Veggies & Dip
Garden Salad
Mandarin Oranges
Pudding

Chicken & Gravy **24**
Mashed Potatoes
Peas & Carrots
Garden Salad
Pears

Scalloped Potatoes **25**
Ham
Corn Bread & Butter
Garden Salad
Apple Sauce

Corn Dogs **26**
French Fries
Baked Beans
Green Beans Salad
Peaches

Chicken Fajitas **27**
Rice Corn
Garden Salad
Corn Bread
Pineapple Tidbits

French Toast Sticks **28**
Hash Browns
Cheese Omelet
Sausage Patty
Apple Slices Jell-O

Chicken Noodle Sou **31**
Egg Salad or Cheese
Sandwich
Garden Salad Fruit
California Medley

