



Our Savior Lunch Menu

July 2018

*All menu items are subject to change. WG = Whole Grain

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

BBQ Chicken on a bun 2 Seasoned Green Beans Red Apple Milk Veg- Cheese sandwich	Italian Meat sauce with Penne Pasta 3 Mixed Green Salad with Creamy Italian Dressing Diced Pears French Bread Milk Veg - pasta marinara	4 Happy 4th Of July! Closed.	Baked Chicken Patty on a WG Bun 5 BBQ Sauce Diced Carrots Orange Milk Veg- Rice and Beans	Swedish Meatballs 6 Mashed Potatoes Mandarin Oranges WG Bread Slice Milk Veg - seasoned rice, beans
Baked Chicken Nuggets 9 BBQ Sauce Diced Carrots Pineapple Tidbits Milk Veg - seasoned rice, beans	Cheese Burger on a W.G. Bun 10 Ketchup Seasoned Green Beans Banana Milk Veg - cheese sandwich	Lasagna Hot Dish with Beef and Cheese 11 Mixed Green Salad with Golden Italian Dressing Diced Peaches Slice of French Bread Milk Veg - pasta in marinara	Soft Beef Taco with Lettuce and Cheese 12 Taco Sauce Seasoned Corn Red Apple Milk Veg - bean taco	Chicken and Wild Rice Hot Dish 13 Fresh Sliced Cucumbers with Ranch Dip Mandarin Oranges W.G. Dinner Roll Milk Veg - seasoned rice blend with vegetables
Sloppy Joe on a W.G. Bun 16 Seasoned Green Beans Red Apple Milk Veg - bbq bean on a w.g. bun	Sliced Chicken Alfredo with Penne Pasta 17 Mixed Green Salad with French Dressing Diced Peaches Slice of French Bread Milk Veg - pasta in marinara	Salisbury Steak 18 Mashed Potatoes Banana Slice of W.G. Bread Milk Veg - seasoned brown rice with beans	19 Bag Lunch	Italian Meatball Subs 20 Shredded Cheese Seasoned Corn Orange Milk Veg - cheese sandwich
Baked Chicken Strips 23 BBQ Sauce Diced Carrots Diced Pears Milk Veg - bbq beans on a w.g. bun	Chicken Breast on a W.G. Bun 24 Ketchup Seasoned Green Beans Red Apple Milk Veg - cheese sandwich	Pizza Hot Dish with Beef and Cheese 25 Mixed Green Salad with Creamy Italian Dressing Diced Peaches Slice of French Bread Milk Veg - pasta in marinara	Baked Meatloaf in a Tomato Beef Gravy 26 Mashed Potatoes Banana Slice of W.G. Bread Milk Veg - seasoned brown rice with beans	27 Bag Lunch
BBQ Chicken Breast on a W.G. Bun 30 Seasoned Green Beans Fresh Orange Milk Veg- cheese sandwich	Soft Beef Taco with Lettuce and Cheese 31 Taco Sauce Diced Carrots Diced Pears Milk Veg - bean taco			

