



Our Savior Lunch Menu July 2021

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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

				Soft W.G. Beef Taco Lettuce + Cheese Taco Sauce Green Beans Banana Milk Veg - bean taco	1	Sliced Chicken Teriyaki with Brown Rice Fresh Broccoli with Ranch Dip Diced Pears Slice of W.G. Bread Milk Veg - brown rice + beans	2				
Closed for Holiday	5	W.G. Chicken Nuggets BBQ Sauce Diced Carrots Red Apple Milk Veg - cheese sandwich	6	Swedish Meatballs Mashed Potatoes Banana Slice of W.G. Bread Milk Veg - brown rice + beans	7	School Provided Bag Lunch Meat and Cheese Sandwich Veggie Fruit Milk	8	Cheese Burger on a W.G. Bun Ketchup Seasoned Corn Orange Milk Veg - bbq beans on a w.g. bun	9		
		W.G. Chicken Patty on a W.G. Bun BBQ Sauce Diced Carrots Diced Pears Milk Veg - cheese sandwich	12	Meatloaf Baked in a Tomato Beef Gravy Mashed Potatoes Banana Slice of W.G. Bread Milk Veg - brown rice + beans	13	W.G. Lasagna Hot Dish with Beef and Cheese Mixed Green Salad with Creamy Italian Dressing Pineapple Tidbits Slice of French Bread Milk Veg - pasta marinara	14	Chicken Breast on a W.G. Bun Slice of White Cheese BBQ Sauce Seasoned Corn Red Apple Milk Veg - bbq beans on a w.g. bun	15	School Provided Bag Lunch Meat and Cheese Sandwich Veggie Fruit Milk	16
		BBQ Chicken on a W.G. Bun Green Beans Red Apple Milk Veg - cheese sandwich	19	W.G. Pizza Hot Dish with Beef and Cheese Mixed Salad with Creamy Italian Dressing Pineapple Tidbits Slice of French Bread Milk Veg - pasta marinara	20	Salisbury Steak in a Beef Gravy Mashed Potatoes Banana Slice of W.G. Bread Milk Veg - brown rice + beans	21	Soft W.G. Chicken Taco Lettuce + Cheese Taco Sauce Fresh Broccoli with Ranch Dip Dice Pears Milk Veg - bean taco	22	Italian Meatballs on a Slice of W.G. Bread Shredded Cheese Seasoned Corn Orange Milk Veg - Italian beans on w.g. bread	23
		W.G. Chicken Tenders BBQ Sauce Diced Carrots Pineapple Tidbits Milk Veg - cheese sandwich	26	Chicken Burger + Cheese on a W.G. Bun Ketchup Green Beans Banana Milk Veg - bbq beans on a w.g. bun	27	W.G. Penne Pasta in a Meat Sauce Mixed Green Salad with Creamy Italian Dressing Diced Peaches Slice of French Bread Milk Veg - pasta marinara	28	Chicken Breast in a Chicken Gravy Mashed Potatoes Red Apple Slice of W.G. Bread Milk Veg - brown rice + beans	29	School Provided Bag Lunch Meat and Cheese Sandwich Veggie Fruit Milk	30

**Whole milk
And 1% milk
are served
Everyday**

Live as people
who are free, not
using your free-
dom as a cover-
up for evil, but
living as servants
of God.
1 Peter 2:16

