12	13	14	15	16		
Protein Kit	Creamy pasta salad	WBJ	Muffin/Yogurt	Bagel and Cream Cheese		
Pretzels	Rotini	WOWbutter	Muffin	Cinnamon Raisin Bagel		
Cheese Slices, hummus cup	Shredded Cheese	Jelly	Yogurt, string cheese	Yogurt, Sunflower seeds		
Celery sticks	diced bell pepper	Baby carrots	Broccoli (cold)	Cream cheese		
Applesauce cup	Jicama	Pear	Banana	Lemon chickpea salad		
Ranch	Pineapple cup	Ranch	Ranch	Apple		
	Tajin					
19	20	21	22	23		
	Cheese Sandwch	Breakfast for Lunch	Lunchable	Pizza bagel		
	White American Cheese	Yogurt cup	Hummus cup	Shredded mozzarella		
ΗΑΡΡΥ	Pepperjack cheese	Colby Jack String Cheese	Sliced cheese rounds	Bagel		
	Hamburger Bun	Granola	wheat crackers	Marinara cup		
JUNETEENTH!	Lettuce and Tomato	Red bell pepper strips	Cucumber slice	Whole apple		
	Raisins	Watermelon chunks	100% Fruit Juice Box			
	Mayo, hot sauce packet, ranch	Ranch	Ranch			
26	27	28	29	30		
Cheese croissant	Taco kit	Yogurt kit	Chef salad	Protein Kit		
Yellow American Cheese	Sesasoned black beans	Yogurt cup	Chickpeas	Sunflower seeds		
White American Cheese	Shredded cheese	Sunflower seeds	Shredded cheese and crackers	Cheese cubes		
Croissant	Tortilla chips	Granola	Mixed greens	Pizza crackers		
Baby carrots	Salsa cup	Red bell pepper strips	Whole apple	Cherry tomatoes		
Orange	Plum	Banana	Shredded carrots/tomatos	Craisins		
Mayo, Mustard, Ranch		Ranch	Ranch			

June 2023 - Vegetarian Cold Lunch



All Meals include milk

July 2023- Vegetarian Cold Lunch

3	4	5	6	7
Wowbutter and Jelly		Cheese Sandwch	Breakfast for Lunch	Lunchable
Wowbutter	Happy 4th of July!	White American Cheese	Yogurt cup and granola	Hummus cup
Baby carrots	The second	Pepperjack cheese	Colby Jack String Cheese	Cheese rounds/crackers
Orange		Lettuce and Tomato	Red bell pepper strips	Cucumber slice
Jelly, Ranch	and the second second	Raisins	Watermelon chunks	100% Fruit Juice Box
	A MARK AND A MARKAN	Mayo, hot sauce packet, ranch	Ranch	Ranch
10	11	12	13	14
Pizza bagel	Cheese croissant	Taco kit	Yogurt kit	Chef salad
Shredded mozzarella	Yellow American Cheese	Sesasoned black beans	Yogurt cup and granola	Chickpeas
Marinara cup	White American Cheese	Tortilla chips/Shredded cheese	Sunflower seeds	Shredded cheese/cracker
Whole apple	Baby carrots	Salsa cup	Red bell pepper strips	Mixed greens
	Orange	Plum	Banana	Whole apple
	Mayo, Mustard, Ranch		Ranch	tomatoes/ ranch
17	18	19	20	21
Protein Kit	Wowbutter and Jelly	Creamy pasta salad	Cheese Sandwch	Breakfast for Lunch
Sunflower seeds	Wowbutter	Shredded cheese	American and Pepperjack	Yogurt cup and granola
Cheese cubes	Baby carrots	Snap peas	Lettuce and Tomato	Colby Jack String Cheese
Pizza crackers	Orange	Whole apple	Raisins	Red bell pepper strips
Cherry tomatoes	Jelly, Ranch	diced bell pepper	Mayo, hot sauce packet	Watermelon chunks
Craisins			Ranch	Ranch
24	25	26	27	28
Lunchable	Pizza bagel	Cheese croissant	Taco kit	Yogurt kit
Hummus cup	Shredded mozzarella	Yellow American Cheese	Sesasoned black beans	Yogurt cup
Sliced cheese rounds	Bagel	White American Cheese	Shredded cheese	Sunflower seeds
Wheat Crackers	Marinara cup	Croissant	Tortilla chips	Granola
Baby Carrots	Whole apple	Cucumber slices	Salsa cup	Red bell pepper strips
100% Fruit Juice Box		Orange	Plum	Banana
Ranch		Mayo, Mustard, Ranch		Ranch
31		****		
Protein Kit				
Sunflower seeds	******			
heese cubes, pizza crackers				
Snap peas			All Meals i	nclude milk
Whole apple	-			

Whole apple

August 2023- Vegetarian Cold Lunch

