

# JULY MENU

Meals available at the Elementary School

11:45 a.m. - 12:30 p.m.



SCHOOL DISTRICT OF  
WEST SALEM

\*Lunch menu items available while supplies last. Panther Packs (PB&J or yogurt, a serving of fruit and vegetables, a cheese stick, a crispy snack, and milk) will be available daily.

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		Breakfast		Lunch	
Breakfast	Monday, July 5th	Tuesday, July 6th	Wednesday, July 7th	Thursday, July 8th	Friday, July 9th
	No Meal Available	Cinnamon Raisin Bagel Cream Cheese Cup Reduced Sugar WG Cereal Variety Fruit / Milk	WG French Toast Snackbread Reduced Sugar WG Cereal Variety Fruit / Milk	Cheese Stick - Cheddar Blueberry Nutrigrain Bar Reduced Sugar WG Cereal Variety Fruit / Milk	Appleways Oatmeal Bar - Chocolate Chip Reduced Sugar WG Cereal Variety Fruit / Milk
Lunch	No Meal Available	Cheese Quesadilla Southwest Veggies Fruit / Milk	Mozzarella Stuffed Breadsticks Marinara Cup Fruit / Milk	Popcorn Chicken Peas & Carrots Fruit / Milk	Pepperoni Pizza Whole Kernel Sweet Corn Fruit / Milk
Breakfast	Monday, July 12th	Tuesday, July 13th	Wednesday, July 14th	Thursday, July 15th	Friday, July 16th
	Blueberry Muffin Reduced Sugar WG Cereal Variety Fruit / Milk	Oatmeal Raisin Breakfast Cookie Reduced Sugar WG Cereal Variety Fruit / Milk	Apple Frudel Reduced Sugar WG Cereal Variety Fruit / Milk	Cheese Stick - Colby Jack Strawberry Nutrigrain Bar Reduced Sugar WG Cereal Variety Fruit / Milk	Appleways Oatmeal Bar - Apple Reduced Sugar WG Cereal Variety Fruit / Milk
Lunch	Cheeseburger Garden Salad Fruit / Milk	Walking Taco on Nacho Dorito Chips Refried Beans Fruit / Milk	Mac and Cheese Honey Glazed Carrots Fruit / Milk	Chicken Tenders Waffle Fries Fruit / Milk	Cheese Pizza Steamed Broccoli Fruit / Milk
Breakfast	Monday, July 19th	Tuesday, July 20th	Wednesday, July 21st	Thursday, July 22nd	Friday, July 23rd
	Chocolate Muffin Reduced Sugar WG Cereal Variety Fruit / Milk	WG Bagel Peanut Butter Cup Reduced Sugar WG Cereal Variety Fruit / Milk	Cherry Frudel Reduced Sugar WG Cereal Variety Fruit / Milk	Yogurt Cup - Fruit Variety Chocolate Chip Granola Bar Reduced Sugar WG Cereal Variety Fruit / Milk	Appleways Oatmeal Bar - Strawberry Reduced Sugar WG Cereal Variety Fruit / Milk
Lunch	Hamburger French Fries Fruit / Milk	Cheese French Bread Steamed Broccoli Fruit / Milk	Corn Dog Mixed Veggies Fruit / Milk	Chicken Sandwich Green Beans Fruit / Milk	Pepperoni Pizza Garden Salad Fruit / Milk
Breakfast	Monday, July 26th	Tuesday, July 27th	Wednesday, July 28th	Thursday, July 29th	Friday, July 30th
	Banana Bread Reduced Sugar WG Cereal Variety Fruit / Milk	Cinnamon Raisin Bagel Cream Cheese Cup Reduced Sugar WG Cereal Variety Fruit / Milk	WG French Toast Snackbread Reduced Sugar WG Cereal Variety Fruit / Milk	Cheese Stick - Cheddar Blueberry Nutrigrain Bar Reduced Sugar WG Cereal Variety Fruit / Milk	Appleways Oatmeal Bar - Chocolate Chip Reduced Sugar WG Cereal Variety Fruit / Milk
Lunch	Hot Dog Baked Beans Fruit / Milk	Cheese Quesadilla Southwest Veggies Fruit / Milk	Mozzarella Stuffed Breadsticks Marinara Cup Fruit / Milk	Popcorn Chicken Peas & Carrots Fruit / Milk	Pepperoni Pizza Whole Kernel Sweet Corn Fruit / Milk