## Summer Lunch Menu

The Child Nutrition Department is critical in establishing a healthy school nutrition environment to promote optimum health. Our Child Nutrition employees follow essential

| Monday, July 1 | Tuesday, July 2 | Wednesday, July 3 | Thursday, July 4 | Friday, July 5 |
| :---: | :---: | :---: | :---: | :---: |
| No Summer Feeding | No Summer Feeding | No Summer Feeding | No Summer Feeding | No Summer Feeding |
| Monday, July 8 | Tuesday, July 9 | Wednesday, July 10 | Thursday, July 11 | Friday, July 12 |
| Chicken Fried Steak Sandwich 42g <br> Black-eyed Peas 32.1g <br> Mixed Fruit 17.8g <br> Milk 11g | Hamburger/cheeseburger 28g/29g <br> Raw broccoli 4.3g <br> Pineapple 16.6g <br> Milk 11g | Chicken Tenders 16.1 g <br> Hot Roll 15.1g <br> Corn 21.3g <br> Mandarin Oranges 20.1g <br> Milk 11g | Turkey Ranch Wrap 53.5g <br> Baby carrots 5.8 g <br> Peaches 18.1g <br> Milk 11g | No Summer Feeding |
| Monday, July 15 | Tuesday, July 16 | Wednesday, July 17 | Thursday, July 18 | Friday, July 19 |
| Popcorn Chicken 15g <br> Hot Roll 25.5g <br> Corn 21.3 g <br> Pineapple 16g <br> Milk 11g | Super Nachos 25.2g <br> Black Beans 19.9g <br> Mandarin Oranges 20.1g <br> Milk 11g | Stuffed Cheese Sticks 34g <br> Marinara 6.5g <br> Baby Carrots 5.8 g <br> Applesauce 5.5g <br> Milk 11g | Grilled chicken sandwich <br> Raw broccoli 4.3 g <br> Mixed Fruit 17.8g <br> Milk 11g | No Summer Feeding |
| Monday, July 22 | Tuesday, July 23 | Wednesday, July 24 | Thursday, July 25 | Friday, July 26 |
| Turkey Sandwich 32.2g <br> Baby Carrots 5.8 g <br> Peaches 18.1g <br> Milk 11g | Cherry Blossom Chicken 33g <br> Brown rice 17.5g <br> Steamed Broccoli 4.3g <br> Mandarin Oranges 20.1g <br> Milk 11g | Popcorn Chicken 15g <br> Hot Roll 15.1g <br> Baked beans 33g <br> Applesauce 15 g <br> Milk 11g | Chef Choice <br> Milk 11g | No Summer Feeding |
| Monday, July 29 ${ }^{\text {th }}$ | Tuesday, July 30 ${ }^{\text {th }}$ | Wednesday, July 31st |  |  |
| Turkey Sandwich 32.2g <br> Baby Carrots 5.8 g <br> Peaches 18.1g <br> Milk 11g | Pizza Crunchers <br> Mandarin Oranges 20.1g <br> Milk 11g | Chef Choice Milk 11g |  |  |

Meals are subject to change.
Broken Arrow Schools are an equal opportunity provider

