



LUNCH MENU



July 17th – July 21st

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast is served from 7:00 a.m. – 7:30 a.m. Center's choice of Cereal, Breakfast Bars, Fruit or Toast with Milk or Juice					
A.M. Snack	17 Crown Shaped Sandwiches & Water	18 String Cheese & Water	19 Cantaloupe & Water	20 Watermelon & Water	21 Banana & Water
Lunch	Steak Fingers, Mashed Potatoes, Gravy, Corn, Peaches & Milk	Cheeseburger Mac, Green Beans, Applesauce & Milk	Chicken Sandwiches, Pickles, Doritos, Carrots w/Ranch Dressing, Fruit Cocktail & Milk	Corn Dogs, Corn, Cinnamon Apples & Milk	Beef Tacos w/Side Salad, Beans, Pineapples & Milk
P.M. Snack	Fruit Parfait & Water	Rice Krispy Treats & Water	Cheez - Its & Water	Granola Bars & Water	Chex Mix & Water

Lamb of God Lutheran Church & School

*Note: If you choose to send your child's breakfast and/or lunch, please refrain from sending foods high in sugar such as donuts, candy, desserts, etc.

For meal planning ideas: www.Gerber.com/MealPlanner; www.HealthyRequest.com