

# Summer Café Menu

# JULY/AUGUST 2022

## Weekly Breakfast Items

	CAL	CARB		CAL	CARB		CAL	CARB		CAL	CARB			
Cinnamon Rolls	230	38	Belgian Waffle w/Syrup	260	67	Turkey Ham & Cheese on Hawaiian Bun	186	27	French Toast Sticks w/Syrup	392	66	Cereal Bar w/Cheese Stick	250	23
Apple Juice	60	16	Orange Juice	60	13	Apples Juice	60	13	Orange Juice	60	13	Apple Juice	60	16
Raisins	127	33	Mixed Fruit	60	15									

## LUNCH

A VARIETY OF MILK IS AVAILABLE AT EVERY MEAL: Calories 90-120 Carbs 13-20

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY		
<b>JULY 4</b>			<b>JULY 5</b>			<b>JULY 6</b>			<b>JULY 7</b>			<b>JULY 8</b>		
No School			No School			Chicken Nuggets+ Baked French Fries Peach Slices			Hot Dog+ on Bun Roasted Chickpeas 100% Fruit Juice			Cheese Pizza Baby Carrots Fresh Fruit		
CAL CARB			CAL CARB			CAL CARB			CAL CARB			CAL CARB		
263 16			240 27			310 31			240 27			310 31		
99 15			180 27			30 5			180 27			30 5		
53 13			60 15			60 15			60 15			60 15		
<b>JULY 11</b>			<b>JULY 12</b>			<b>JULY 13</b>			<b>JULY 14</b>			<b>JULY 15</b>		
Hamburger~ on Bun or Veggie Burger on Bun <sup>v</sup> Veggie Juice Applesauce Cup			Chicken Drumstick+ w/Scoops Salsa Cup Fresh Fruit			Pepperoni & Cheese Stuffed Sandwich+~ Baked French Fries Peach Slices			Chicken Patty+ on Bun Baby Carrots Raisins			Cheese Pizza Celery Sticks w/PB Fresh Fruit		
CAL CARB			CAL CARB			CAL CARB			CAL CARB			CAL CARB		
305 28			300 24			300 31			342 36			310 31		
280 36			25 5			99 15			30 5			184 7		
60 15			60 15			53 13			127 33			60 15		
60 15			60 15			60 15			60 15			60 15		
<b>JULY 18</b>			<b>JULY 19</b>			<b>JULY 20</b>			<b>JULY 21</b>			<b>JULY 22</b>		
Chik"N Nuggets w/Scoops <sup>v</sup> Salsa Cup Peach Slices			Mini Calzones Marinara Cup Applesauce Cup			Hot Dog+ on Bun Roasted Chickpeas Fresh Fruit			Chicken Nuggets+ Baked French Fries 100% Fruit Juice			Cheese Pizza Baby Carrots Fresh Fruit		
CAL CARB			CAL CARB			CAL CARB			CAL CARB			CAL CARB		
357 43			250 33			240 27			263 16			310 31		
25 5			40 7			180 27			99 15			30 5		
53 13			60 15			60 15			60 15			60 15		
<b>JULY 25</b>			<b>JULY 26</b>			<b>JULY 27</b>			<b>JULY 28</b>			<b>JULY 29</b>		
Hamburger~ on Bun or Veggie Burger on Bun <sup>v</sup> Veggie Juice Applesauce Cup			Chicken Drumstick+ w/Scoops Salsa Cup Fresh Fruit			Pepperoni & Cheese Stuffed Sandwich+~ Baked French Fries Peach Slices			Chicken Patty+ on Bun Baby Carrots Raisins			Cheese Pizza Celery Sticks w/PB Fresh Fruit		
CAL CARB			CAL CARB			CAL CARB			CAL CARB			CAL CARB		
305 28			300 24			300 31			342 36			310 31		
280 36			25 5			99 15			30 5			184 7		
60 15			60 15			53 13			127 33			60 15		
60 15			60 15			60 15			60 15			60 15		
<b>AUGUST 1</b>			<b>AUGUST 2</b>			<b>AUGUST 3</b>			<b>AUGUST 4</b>			<b>AUGUST 5</b>		
Chik"N Nuggets w/Scoops <sup>v</sup> Salsa Cup Peach Slices			Mini Calzones Marinara Cup Applesauce Cup			Hot Dog+ on Bun Roasted Chickpeas Fresh Fruit			Chicken Nuggets+ Baked French Fries 100% Fruit Juice			Cheese Pizza Baby Carrots Fresh Fruit		
CAL CARB			CAL CARB			CAL CARB			CAL CARB			CAL CARB		
357 43			250 33			240 27			263 16			310 31		
25 5			40 7			180 27			99 15			30 5		
53 13			60 15			60 15			60 15			60 15		

Menu Key: Cal = Calories Carb = Carbohydrates ~Beef \*Pork +Poultry <sup>v</sup>Vegan