

Cotting School Summer School Lunch Menu 2021

"This institution is an equal opportunity provider."

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Offered Daily
July 5) Holiday	July 6) Ham & Cheese Sandwiches Grilled Chicken Rotini Salad Mixed fruit Salad	July 7) Turkey & Cheese Sandwiches Plain Turkey + Wraps Grilled Chicken Salad	July 8) Grilled Cheese Sand. Boil Eggs Pasta Salad Mixed Fruit Salad	July 9) Tuna Sandwiches Tuna w/ Veggies Wraps Mixed Fruit Salad	<p>Salad Bar includes: Greens, a variety of vegetables, protein choices, and different cheeses</p> <p>Alternative Meals: Cheese Sandwiches Sun Butter Sandwiches Sun Butter & Jelly Sandwiches with yogurt</p> <p>Other Options: Yoplait Yogurt 6oz Greek Yogurt 6oz Fresh Fruit</p> <p>Drinks: 1% Low Fat Milk Skim fat Free Milk</p> <p>For Food ALLERGY - Check with Kitchen Staff</p> <p style="text-align: center;"><i>Menus are subject to change</i></p>
July 12) Turkey & Cheese Sandwiches Plain Turkey & Wraps Rotini Salad Mixed Fruit Salad	July 13) Chicken Nuggets Chicken Cutlet Sand. Grilled Chicken Macaroni Salad Mixed Fruit Salad	July 14) Grilled Cheese Sand. Boil Eggs Rotini Salad Mixed Fruit Salad	July 15) Ham & Cheese Sandwiches Plain Ham + Wraps Rotini Salad Mixed Fruit Salad	July 16) Tuna Salad Sandwiches Tuna w/ Veggies Wraps Pasta Salad Mixed Fruit Salad	
July 19) Fish Fillet Sandwiches Grilled Chicken Tartar Sauce Macaroni Salad Mixed Fruit Salad	July 20) Turkey & Cheese Sandwiches Plain Turkey & Wraps Rotini Salad Mixed Fruit Salad	July 21) Grilled Cheese Sand. Boil Eggs Mixed Fruit Salad	July 22) Ham & Cheese Sandwiches Plain Ham + Wraps Rotini Salad Mixed Fruit Salad	July 23) Tuna Salad Sand. Tuna w/Mayo + Wraps Tuna w/ veggies Macaroni Salad Mixed Fruit Salad	
July 26) Grilled Chicken Chicken Fingers Potato Puffs Sweet & Sour Sauce Mixed Fruit Salad	July 27) Turkey & Cheese Sandwiches Plain Turkey + Wraps Pasta Salad Mixed Fruit Salad	July 28) Tuna Salad Sandwiches Tuna w/veggies Tuna w/ Mayo + Wraps Rotini Salad Mixed Fruit Salad	July 29) Ham & Cheese Sandwiches Plain Ham + Wraps Boil Eggs Mixed Fruit Salad	July 30) Grilled Cheese Sandwiches Honey Turkey Breast Wraps Rotini Salad Mixed Fruit Salad	
August 2) Fish Fillet Sweet Potato Fries Eggs Tartar Sauce Mixed Fruit Salad	August 3) Turkey & Cheese Sand. Plain Turkey + Wraps Macaroni Salad Mixed Fruit Salad	August 4) Grilled Chicken Chicken Cutlet Potato Puffs Sweet & Sour Sauce Mixed Fruit Salad	August 5) Tuna Salad Sand Tuna w/ Mayo + Wraps Tuna w/Veggies Pasta Salad Mixed Fruit Salad	August 6) Chicken Nuggets Chicken Fingers Grilled Chicken French fries Mixed Fruit Salad	

A Healthy Lunch Includes:

1. Meat/Meat Alternate
2. Grain
3. Milk

4. Fruit
5. Vegetable

Student must choose at least 3 of the 5 choices including:

- . ½ cup of fruit or vegetable
- . At least two other choices

For Best Nutrition Choose all Five Choices!