



**meatless  
MONDAY**

# PUSD Summer Lunch Menu

## June – August 2019

		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><u>Week 1</u></p> <p>Jun 3-7 Jun 17-21 Jul 1-5 Jul 15-19 Jul 29-Aug 2</p>	<p>Bean and Cheese Burrito with Pico de Gallo</p> <p>Apple Slices Corn on the Cob Baby Carrots</p>	<p>Chicken Tenders with Whole Grain Sun Chips</p> <p>100% Fruit Juice Slushy Carrots &amp; Celery Sticks</p>	<p>Whole Grain Corn Dog</p> <p>Sliced Watermelon Edamame Kale Salad</p>	<p>Honey BBQ Chicken Wings with Whole Grain Roll</p> <p>Orange Wedges Jicama Sticks Cucumber Slices</p>	<p>Teriyaki Glazed Beef and Broccoli over Whole Grain Brown Rice</p> <p>Tropical Fruit Cup Edamame</p>
<p><u>Week 2</u></p> <p>Jun 10-14, Jun 24-28 Jul 8-12 Jul 22-26 Aug 5-9</p>	<p>Nachos with Whole Grain Tortilla Chips and Fresh Pico de Gallo</p> <p>Apple Slices Pinto Beans Baby Carrots</p>	<p>Whole Grain Pepperoni Pizza Stuffed Sandwich</p> <p>100% Fruit Juice Slushy Corn on the Cob Kale Salad</p>	<p>Cheeseburger on Whole Grain Bun with Shredded Lettuce &amp; Tomato</p> <p>Sliced Watermelon Edamame Baby Carrots</p>	<p>Chicken and Cheese Whole Grain Taquito with Pico de Gallo</p> <p>Orange Wedges Jicama Sticks Baby Carrots</p>	<p>Hot Dog on Whole Wheat Bun</p> <p>Tropical Fruit Cup Kale Salad Celery Sticks</p>

**A variety of milk is offered daily including Fat Free, Low Fat 1%, and FF Chocolate. The milk we offer does not contain GMO ingredients and is hormone-free. A variety of locally sourced fruits and vegetables is offered daily. Each person 18 yrs. or younger must select a fruit and/or vegetable as part of a complete meal.**

**This institution is an equal opportunity provider.**

Monthly menus, nutrition, allergen, and carbohydrate information can be found at:  
[www.pusd.us](http://www.pusd.us).  
 For additional information or inquiries, please contact PUSD Food and Nutrition Services  
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