

# “FREE” SEAMLESS SUMMER MEALS – July, August 2022

Option A MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>JULY 11</u> Chicken Caesar Wrap Wheat Dinner Roll Fruit, Vegetable and Milk	<u>JULY 12</u> Ham and Cheese on Wheat Bread Fruit, Vegetable and Milk	<u>JULY 13</u> Cheeseburger Fruit, Vegetable and Milk	<u>JULY 14</u> Chicken Nuggets Fruit, Vegetable and Milk	<u>JULY 15</u> Stuffed Crust Pizza Fruit, Vegetable and Milk
<u>JULY 18</u> Chicken Patty on a Wheat Bun Fruit, Vegetable and Milk	<u>JULY 19</u> Sausage, Egg & Cheese on a WW Croissant Fruit, Vegetable and Milk	<u>JULY 20</u> Cheese Quesadilla Salsa/Sour Cream Fruit, Vegetable and Milk	<u>JULY 21</u> Turkey & Cheese Grinder Fruit, Vegetable and Milk	<u>JULY 22</u> French Bread Pizza Fruit, Vegetable and Milk
<u>JULY 25</u> Mozzarella Sticks w/ Marinara Fruit, Vegetable and Milk	<u>JULY 26</u> Mini Corn Dogs Dipping Sauce Fruit, Vegetable and Milk	<u>JULY 27</u> Combo Grinder (salami, pepperoni, ham, turkey, cheese) Fruit, Vegetable and Milk	<u>JULY 28</u> Cheeseburger Fruit, Vegetable and Milk	<u>JULY 29</u> Grilled Cheese w/ Texas Toast Fruit, Vegetable and Milk
<u>AUGUST 1</u> Hot Dog Whole Wheat Bun Fruit, Vegetable and Milk	<u>AUGUST 2</u> Chicken Patty on a Wheat Bun Fruit, Vegetable and Milk	<u>AUGUST 3</u> BBQ Pork Sandwich Fruit, Vegetable and Milk	<u>AUGUST 4</u> Stuffed Crust Pizza Fruit, Vegetable and Milk	<u>AUGUST 5</u> Ham & Cheese on a WW Bun Fruit, Vegetable and Milk
<u>AUGUST 8</u> Cheese Quesadilla Salsa/Sour Cream Fruit, Vegetable and Milk	<u>AUGUST 9</u> Chicken Caesar Wrap Fruit, Vegetable and Milk	<u>AUGUST 10</u> Mozzarella Sticks w/ Marinara Fruit, Vegetable and Milk	<u>AUGUST 11</u> Cheeseburger on a Whole Wheat Bun Fruit, Vegetable and Milk	<u>AUGUST 12</u> Chicken Tenders Wheat Dinner Roll Fruit, Vegetable and Milk
<u>AUGUST 15</u> Waffles, Sausage/ Syrup Fruit, Vegetable and Milk	<u>AUGUST 16</u> Cheese Pizza Sticks w/ Marinara Fruit, Vegetable and Milk	<u>AUGUST 17</u> Combo Grinder Fruit, Vegetable and Milk	<u>AUGUST 18</u> Cheese Quesadilla Salsa/Sour Cream Fruit, Vegetable and Milk	<u>AUGUST 19</u> Turkey & Cheese Sandwich Fruit, Vegetable and Milk
OPTION A above				

**OPTION B:** Cereal, Yogurt, Cheese Stick, WG Cracker, Fruit, Vegetable and Milk

**OPTION C:** Bagel, Cream Cheese, Yogurt, String Cheese, Fruit, Vegetable and Milk

**OPTION D:** Sunbutter & Jelly Sandwich, Fruit, Vegetable and Milk

We are always open to suggestions.

Menu subject to change.

Fresh vegetables are locally sourced from North Branford Farmers  
Any questions? Contact the Food Service Supervisor at 203-484-1440

