

Wrap Around Summer Program Lunch Menu

MONDAY

1ST 6 oz Milk
 1.5 oz Sliced Thick Ham
 ¼ c. Macaroni & Cheese
 ¼ c. Snap Peas
 ¼ c. Fresh Apples Slices
 ½ WW Dinner Roll

8TH 6 oz Milk
 1 Soft Beef Taco
 1/8 c. Diced Tomatoes
 1/8 c. Shredded Lettuce
 1/8 c. Black Beans
 ¼ c. Diced Peaches

15TH 6 oz Milk
 1 Grilled Ham & Cheese
 ¼ c. Tomato Soup
 ¼ c. Mixed Fruit

22ND 6 oz Milk
 1 Chicken Quesadilla
 ¼ c. Spanish Rice
 ¼ c. Diced Tomatoes
 ¼ c. Berry Blend



29TH

TUESDAY

2ND 6 oz Milk
 5 Chicken Nuggets
 1/8 c. Sweet Potato Fries
 1/8 c. Tossed Salad
 ¼ c. Diced Mangos
 ½ WW Dinner Roll

9TH 6 oz Milk
 ½ Chicken Fajitas
 1/8 c. Refried Beans
 ¼ c. Shredded Lettuce
 ¼ c. Apricots

16TH 6 oz Milk
 1 ½ oz Grilled Chicken
 Patty
 ¼ c. Green Beans
 ¼ c. Brown Rice
 ¼ c. Strawberries
 ½ slc. WW Bread

23RD 6 oz Milk
 ½ Sloppy Joe Sandwich
 1/8 c. Baked Beans
 ¼ c. Carrot Sticks
 ¼ c. Diced Pineapples

30TH 6 oz Milk
 5 Chicken Nuggets
 1/8 c. Sweet Potato Fries
 1/8 c. Tossed Salad
 ¼ c. Diced Mangos
 ½ WW Dinner Roll

WEDNESDAY

3RD 6 oz Milk
 1 ½ oz Hamburger & Bun
 1 Leaf Lettuce
 1 Slice Tomato
 ¼ c. Tater Tots
 ¼ c. Mandarin Oranges

10TH 6 oz Milk
 2 oz. Salisbury Steak
 ¼ c. Mashed Potatoes
 2 Tbsp. Brown Gravy
 ¼ c. Roasted Broccoli
 ½ slc. WW Bread
 ½ c. Mixed Fruit

17TH 6 oz Milk
 ¾ c. Beef Spaghetti
 ¼ c. Roasted Broccoli
 1 WW Dinner Roll
 ¼ c. Raspberries

24TH 6 oz Milk
 6 Beef Ravioli Pies
 ¼ c. Corn
 ¼ c. Diced Mangos
 ½ slc. Garlic Toast

31ST 6 oz Milk
 1 ½ oz Hamburger & Bun
 1 Leaf Lettuce
 1 Slice Tomato
 ¼ c. Tater Tots
 ¼ c. Mandarin Oranges

THURSDAY

4TH 6 oz Milk
 ¾ c. Beef Lasagna
 ¼ c. Peas & Carrots
 ¼ c. Apricots
 ½ WW Dinner Roll

11TH 6 oz Milk
 ½ c. Beef Goulash
 ¼ c. Carrots
 ¼ c. Strawberries
 ½ WW Dinner Roll

18TH 6 oz Milk
 ½ Chicken Enchilada
 ¼ c. Refried Beans
 ¼ c. Tossed Salad
 ¼ c. Diced Mangos

25TH 6 oz Milk
 12 Popcorn Chicken
 1/8 c. Sweet Potato Fries
 1/8 c. Snap Peas
 ¼ c. Apricots
 ½ slc. WW Bread

FRIDAY

5TH 6 oz Milk
 1 Bean & Cheese Burrito
 1/8 c. Lettuce & Tomato
 Salad
 ¼ c. Apples Slices

12TH 6 oz Milk
 4 Fish Sticks
 ¼ c. Sweet Potato Fries
 ¼ c. Berry Blend
 ½ slc. WW Bread

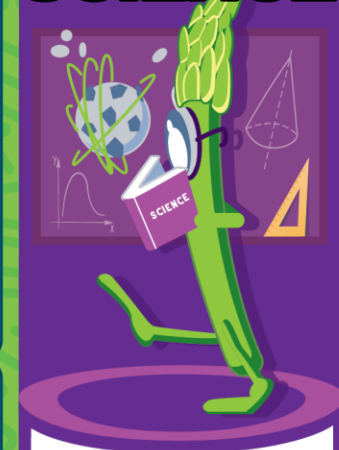
19TH 6 oz Milk
 4 Steak Fingers
 ¼ c. Mashed Potatoes
 2 Tbsp. Gravy
 ¼ c. Apricots
 ¼ slc. Texas Toast

26TH 6 oz Milk
 1 Slc Cheese Pizza
 ¼ c. Tossed Salad
 ¼ c. Diced Strawberries

MAY

MENU 2023

GEAR UP FOR SCIENCE



ANNOUNCEMENTS:

- TBD



Food and Nutrition Division
 National School Lunch Program



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

This product was funded by USDA.
 This institution is an equal opportunity provider.



Updated 5/1/2023
www.SquareMeals.org