



Serving Only  
Hormone Free Milk  
(V) Notes a Vegetarian Meal

## Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
	BBQ Chicken Cheddar Wrap Grilled Chicken Caesar Wrap	Chicken Salad BLT Wrap Crispy Buffalo Chicken Salad	Egg Salad Wrap Cobb Salad	Ham & Cheese Hoagie Cranberry, Walnut, Chicken Salad	Tuna Salad Wrap Chef Salad
	<b>Prices:</b> *Entree with two sides \$3.25 *Entree Only -\$2.25 *A Side-\$.50 *Soup or a side Garden Salad- \$.85 *Yogurt \$.50 * Ice Cream (Monday & Friday)-\$.75 * Entree Sandwich- \$3.25 *Entree Salad- \$3.25 *Two Hard Boiled Eggs -\$.50 *A Beverage- \$1.00 * A Piece Of Fruit \$.50		<b>Summer Staff In-Service</b>		
Harvest Selection	3	4 Happy July 4th 	5 Crispy Baked Chicken Sandwich	6 Sloppy Joe on Whole Grain Bun Fresh Fruit Choice Of Milk	7 Individual Cheese Pizza with Fruit of the Day \$3.25
Harvest Selection			Baked Fries Mixed Veggies	Baked Beans Carrots	
	10 Crispy Fish Soft Taco	11 BBQ Pulled Chicken Sandwich	12 Philly Cheese Steak	13 Italian Wedding Soup	14 Individual Cheese Pizza with Fruit of the Day \$3.25
Harvest Selection	Salsa & Sour Cream Lettuce & Cheese	Potato Salad Corn	Baked Fries Broccoli	A Garden Salad Crusty French Bread	
	17 Cheesy Tater Tot Egg Bake	18 Piled High Beef Nacho Salad	19 Crispy Chicken Nuggets	20 Chicken Pot Pie Over a Biscuit	21 Picnic Day! Hamburgers & Hot Dogs
Harvest Selection	Sausage Links Fruit of The Day	Salsa & Sour Cream Tortilla Chips, Cheese & Corn	Baked Fries Mixed Veggies	Baby Carrots	Potato Salad WaterMelon & H2O Ice
	24 Eggplant Parmesan	25 The RB Pizza Burger	26 The Famous Ham & Cheese Pretzel Melt	27 Chicken Quesadilla	28 Individual Cheese Pizza with Fruit of the Day \$3.25
Harvest Selection	Garden Salad Pasta & Sauce	Potato Salad Garden Salad	Baked Onion Rings Broccoli	Salsa & Sour Cream Corn	
	31 French Toast Sticks Maple Syrup Fresh Fruit Choice Of Milk	1 Chicken Nacho Salad	2 BBQ Grilled Chicken Sandwich	3 Opened Faced Roast Beef & Gravy Sandwich	4 Picnic Day! Hamburgers & Hot Dogs
Harvest Selection	Crisp Bacon Hash Browns	Cheese & Corn Sour Cream & Salsa	Baked Beans A Garden Salad	Mashed Potatoes Baby Carrots	Macaroni Salad WaterMelon & H2O Ice

Cool Off with Water!

During the long hot days of summer what better way to cool off then with an ice cold glass of water. Your body has lots of important jobs and it needs water to do many of them.

**LINTONS**  
Food Service Management  
www.lintons1.com

Halal & Kosher Menu options available upon request

Make your Plate a Healthy Plate.  
Keep Moving and Keep Hydrated with Water

