

ORCSD REACH & SUMMER Meals July & August



Berries are fleshy fruits that supply a burst of flavor and color to our plates during the summer months. They are rich in vitamins and minerals, making them an excellent snack choice. Eat berries on their own, incorporate them into your breakfast, blend them into a smoothie, or make a scrumptious jam—you can't go wrong!

10 BONELESS CHICKEN WINGS OVEN BAKED FRIES BABY CARROTS CHILLED PEARS	11 TURKEY & CHEESE SUB TOSSED SALAD APPLES MILK	12 CHEESE PIZZA TOSSED SALAD PEACH CUPS MILK CHOICES	13 PRETZEL DOG CUCUMBER SLICES ORANGES MILK CHOICES	14 All meals served at the Middle School Adult Lunch Price: \$4.50
17 PASTA W/MARINARA TOSSED SALAD APPLESAUCE CUP MILK	18 GRILLED HAM & CHEESE VEGGIE STICKS & RANCH DIP BAG OF CHIPS MILK CHOICES	19 PULLED PORK SANDWICH, COLESLAW SEASONED CORN, FRUIT MILK CHOICES	20 Grill Day! HAMBURGER or CHEESEBURGER on a BUN LETTUCE & TOMATOES ORANGES, MILK CHOICES	21 BREAKFAST AVAILABLE DAILY
24 RAVIOLI W/SAUCE BABY CARROTS BLUEBERRIES & PEARS MILK	25 PULLED PORK QUESADILLA SEASONED CORN FRESH KIWI QUARTERS MILK CHOICES	26 HOMEMADE CHILI CORN BREAD BOWL CUCUMBERS CINNAMON APPLESAUCE MILK CHOICES	27 Grill Day! GRILLED CHICKEN CUCUMBER SLICES SWEET ORANGE SMILES MILK CHOICES	28 NO MEALS ON FRIDAYS
31 PANCAKES & SAUSAGE TOSSED SALAD STRAWBERRY CUP MILK CHOICES	1 <u>CHICKEN SLIDERS</u> BABY CARROTS APPLESAUCE & BLUEBERRIES MILK CHOICES	2 CHEESE OR VEGGIE PIZZA TOSSED SALAD PEACH CUP MILK CHOICES	3 Grill Day! HOT DOG ON A BUN BAKED BEANS CUCUMBER SLICES ORANGES, MILK CHOICES	4 <u>HAVE A GREAT SUMMER!</u>