



FREE Summer Meals

School District of the
Menomonie Area

July 2023 Menu- River Heights Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
Muffin Juice Fruit Milk	Granola Round Juice Fruit Milk	Breakfast Bread Juice Fruit Milk	Oatmeal Bar Cheese Stick Juice Fruit Milk	Mini Waffles Juice Fruit Milk

Lunch

10 Cheeseburger on WG Bun Baby Carrots Fruit Milk	11 Ham Croissant Sun Chips Snap Peas Fruit Milk	12 Chicken Filet on WG Bun Red Pepper Strips Fruit Milk	13 Turkey Wrap Cucumber Slices Annie's Grahams Fruit Milk	14 Field Trip Meals/ Pizza Fruit Veggie Milk
17 Corn Dog Baby Carrots Fruit Milk	18 Turkey Deli Sandwich Cucumber Slices Annie's Grahams Fruit Milk	19 Chicken Tenders Sun Chips Red Pepper Strips Fruit Milk	20 Italian Sub Snap Peas Fruit Milk	21 Field Trip Meals/ Pizza Fruit Veggie Milk
24 WG Macaroni & Cheese Snap Peas Fruit Milk	25 Ham Croissant Sun Chips Cucumber Slices Fruit Milk	26 Walking Tacos Baby Carrots Fruit Milk	27 Chicken Ranch Wrap Red Pepper Strips Annie's Grahams Fruit Milk	28 Field Trip Meals/ Pizza Fruit Veggie Milk

Menu Subject to Change Due to Availability
This Institution is an Equal Opportunity Provider

