



JULY

Lunch

Boston School District

LNCS - Summer Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5 Beef Pastrami & Cheese Sandwich Coleslaw Grapes Light Mayonnaise Milk	6 Sun Butter & Jelly Farmhouse Cheddar Chickpeas Saltine Crackers Sunset Sip Veggie Juice Applesauce Milk
9 Chicken Sliders BBQ Sauce Fresh Broccoli Light Ranch Dressing Fresh Peach Milk	10 Deli Sub Sandwich Potato Salad Grapes Mustard Milk	11 Chicken Strip Salad Salsa Tortilla Rounds Fresh Plum Milk	12 Buffalo Chicken & Cheese Hoagie Sandwich Fresh Cucumber Light Ranch Dressing Sliced Apples Light Mayonnaise Milk	13 Traditional Hummus Blazin' Sunflower Seeds Tropical Vegetable Juice Multi Grain Sun Chips Peach Cup Milk
16 Buffalo Chicken Wrap Baby Carrots Light Ranch Dressing Fresh Nectarine Milk	17 Turkey Breast & Cheese on Kaiser Roll Celery Sticks Light Ranch Dressing Apple Slices Light Mayonnaise Milk	18 Garden Salad with Chicken & Cheese Chipotle Ranch Breadstick Fresh Peach Milk	19 Beef Pastrami & Cheese Sandwich Coleslaw Grapes Light Mayonnaise Milk	20 Sun Butter & Jelly Farmhouse Cheddar Chickpeas Saltine Crackers Sunset Sip Veggie Juice Applesauce Milk
23 Chicken Sliders BBQ Sauce Fresh Broccoli Light Ranch Dressing Fresh Peach Milk	24 Deli Sub Sandwich Potato Salad Grapes Mustard Milk	25 Chicken Strip Salad Salsa Tortilla Rounds Fresh Plum Milk	26 Buffalo Chicken & Cheese Hoagie Sandwich Fresh Cucumber Light Ranch Dressing Sliced Apples Light Mayonnaise Milk	27 Traditional Hummus Blazin' Sunflower Seeds Tropical Vegetable Juice Multi Grain Sun Chips Peach Cup Milk
30 Buffalo Chicken Wrap Baby Carrots Light Ranch Dressing Fresh Nectarine Milk	31 Turkey Breast & Cheese on Kaiser Roll Celery Sticks Light Ranch Dressing Apple Slices Light Mayonnaise Milk			

**** MENU SUBJECT TO CHANGE ****

All meals are served with fat free chocolate milk. 1% white milk is available upon request.

www.preferredmealsmenu.com



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