

ORCSD Summer Meals

July/August

2018



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!

<p>9 POPCORN CHICKEN OVEN BAKED FRIES GREEN BEANS CHILLED PEARS</p>	<p>10 <u>Top Your Own Sub</u> TURKEY, CHEESE, SUB ROLL LETTUCE, TOMATO, PEPPERS ONIONS, BLACK OLIVES, TOSSED SALAD, APPLES, MILK</p>	<p>11 CHEESE or VEGGIE PIZZA TOSSED SALAD BLUEBERRIES & PEACHES MILK CHOICES</p>	<p>12 <u>Grill Day!</u> HOT DOG on a BUN BAKED BEANS, CUCUMBER SLICES ORANGES, MILK CHOICES</p>	<p>All meals served at the Middle School CHILDREN EAT FREE Adult Lunch Price: \$4.00</p>
<p>16 PASTA W/MARINARA TOSSED SALAD CINNAMON APPLESAUCE MLK CHOICES</p>	<p>17 GRILLED HAM & CHEESE VEGGIE STICKS & RANCH DIP BAG OF CHIPS MILK CHOICES</p>	<p>18 OPEN-FACE HOT TURKEY SANDWICH, MASHED POTATOES & GRAVY SEASONED CORN, FRUIT MILK CHOICES</p>	<p>19 <u>Grill Day!</u> HAMBURGER or CHEESEBURGER on a BUN LETTUCE & TOMATOES ORANGES, MILK CHOICES</p>	<p>20 8 OZ MILK is INCLUDED WITH ALL MEALS</p>
<p>23 TUNA ROLL W/PICKLES or SUNBUTTER W/JELLY SANDWICH, CARROT STICKS BLUEBERRIES & PEACHES MILK CHOICES</p>	<p>24 PULLED PORK QUESADILLA SEASONED CORN FRESH KIWI QUARTERS MILK CHOICES</p>	<p>25 HOMEMADE CHILI BLUEBERRY CORN BREAD TOSSED SALAD CINNAMON APPLESAUCE MILK CHOICES</p>	<p>26 <u>Grill Day!</u> GRILLED CHICKEN on a BUN CUCUMBER SLICES SWEET ORANGE SMILES MILK CHOICES</p>	<p>27 NO MEALS ON FRIDAYS</p>
<p>30 PASTA W/MARINARA TOSSED SALAD MIXED FRUIT MLK CHOICES</p>	<p>31 <u>Nacho Day!</u> SEASONED BEEF, LETTUCE TOMATO, ONIONS, SALSA CHIPS, PEPPERS, OLIVES, SOUR CREAM, APPLESAUCE</p>	<p>1 CHEESE OR VEGGIE PIZZA TOSSED SALAD CHILLED PEACHES MILK CHOICES</p>	<p>2 <u>Grill Day!</u> HOT DOG ON A BUN BAKED BEANS CUCUMBER SLICES ORANGES, MILK CHOICES</p>	<p>3 <u>ALTERNATE ENTREES</u> HAM & CHEESE or SUNBUTTER & JELLY SANDWICH</p>
<p>6 ORCSD (KFC) BOWL MASHED POTATOES, CORN, CHICKEN CHUNKS, CHEESE, GRAVY, ROLL or BREADSTICK FRUIT, MILK CHOICES</p>	<p>7 GRILLED HAM & CHEESE VEGGIE STICKS & RANCH DIP BAG OF CHIPS, FRUIT MIX MILK CHOICES</p>	<p>8 ROAST TURKEY DINNER GREEN BEANS MASHED POTATO & GRAVY BLUEBERRY CORN BREAD CHILLED PEACHES, MILK</p>	<p>9 <u>Grill Day!</u> HAMBURGER or CHEESEBURGER on a BUN VEGGIE STICKS, APPLE MILK CHOICES</p>	<p>10 This institution is an equal opportunity provider</p>