

# New Horizon Center Lunch Menu \*July 2010\*

| Monday  | Tuesday   | Wednesday  | Thursday  | Friday          |
|---|---|--|---|-----------------|
|   |   |  | 1<br>Beef & Rice 3 Oz.<br>½ cup broccoli<br>½ cup fresh fruit   | 2<br>NO SCHOOL  |
| 5<br>Chicken Tacos<br>2 Oz<br>Filling in a soft torilla<br>Tossed salad 1/2 cup—1/2 cup<br>¼ cup—1/2 cup—1/2 cup Fresh<br>Fruit 1 svg | 6<br>Peanut Butter & Jelly<br>Sandwich 2 Tbsp—2 Tbsp—3 Tbsp PB Three<br>Bean Salad 1/2 cup Cottage Cheese 1/3 cup—<br>1/2 cup—3/4 cup With Fruit Cocktail ½ cup | 7<br>Chicken Sandwich 1-1/2 oz—2 oz—3 oz<br>Beets 1/2 cup—1/2 cup<br>¼ cup—1/2 cup—1/2 cup Jello W/ Fruit 1 svg          | 8<br>Macaroni & Cheese ¼ cup—1/2 cup—<br>1/2 cup<br>6 oz—6 oz—8 oz Spinach ½ cup<br>Fresh Fruit 1 svg                             | 9<br>NO SCHOOL  |
| 12<br>Sloppy Joes<br>2 oz—3 oz—4 oz On Bun Corn ½<br>cup<br>Peaches ½ cup   | 13<br>Spaghetti<br>½ cup With Meatballs 2 oz—3 oz—4 oz Wax<br>Beans 1/2 cup Fresh Fruit 1 svg   | 14<br>BBQ Chicken (bone-in)<br>4 oz—4 oz—6 oz Mashed Potatoes ½ cup Green<br>Beans ¼ cup—1/2 cup—1/2 cup Pineapple ½ cup | 15<br>Oven Fried Fish<br>3 oz—4 oz—6 oz Scalloped<br>Potatoes ½ cup Spinach ¼ cup—<br>1/2 cup—1/2 cup Tropical Fruit<br>Cup ½ cup | 16<br>NO SCHOOL |
| 19<br>Cheese Pizza<br>6 oz—6 oz—8 oz Mixed<br>Vegetables ½ cup Pineapple ½ cup  | 20<br>Beef & Rice 3 Oz.<br>½ cup broccoli<br>½ cup fresh fruit  | 21<br>Shepherd's Pie<br>6 oz—6 oz—8 oz Broccoli ¼ cup—1/2 cup—1/2<br>cup Fresh Fruit 1 svg                               | 22<br>Tuna Melt<br>2 oz—3 oz—4 oz On English Muffin<br>Creamy Coleslaw ½ cup Mandarin<br>Oranges ½ cup                            | 23<br>NO SCHOOL |
| 26  | 27<br>Taco Salad<br>1 cup lettuce/tomato 2 oz—3 oz—4 oz<br>meat ¼ cup refried beans ½ cup tortilla<br>chips Pears ½ cup   | 28<br>Cheese Quesadillas<br>2 oz—2 oz—3 oz filling In 2 soft Tortillas<br>Tossed Salad 1 cup Applesauce ½ cup            | 29<br>Grilled Ham & Cheese Sandwich 1-<br>1/2 oz—2 oz—3 oz Chips Fresh<br>Fruit 1 svg   | 30<br>NO SCHOOL |

Serve 8 oz (1 cup or ½ pint) milk at each meal. Serve 1 slice bread with 1 pat margarine at each meal. Portion sizes are indicated for K-3<sup>rd</sup> grades, 4<sup>th</sup> - 6<sup>th</sup>, 7<sup>th</sup> - 12<sup>th</sup> grades