

# MENU

Mayfield CSD

JULY

30	1	2	3	4 No Service 4 <sup>th</sup> of July 
7 Ham & Cheese Sandwich On Kaiser Roll Baked Chips Pepper Stick (½ c) Hummus (2oz) Lowfat Milk (8 Oz) Mayo/ Mustard	8 Boneless Chicken Wing Bites ( 5 each) French Fries (3oz) Corn Muffin Strawberry/Grapes (½ Cup) Assorted Dips/Ketchup	9 Ranch Chicken Wrap ( Cheddar Cheese & Lettuce) Goldfish Crackers Grape Tomatoes & Ranch 100% Juice Cup (4 oz) Lowfat Milk ( 8oz)	10 Taco Salad (lettuce,cheese,ground meat) Tortilla Chips Salsa Cup Chocolate Chip Cookie	11 Pizza Slice Assorted Fruit & Veggie (¾ cup) Ice Cream Cup
14 Turkey & Cheese Sandwich On W.G Bread Baked Chips Pepper Stick (½ c) Hummus (2oz) Lowfat Milk (8 Oz) Mayo/ Mustard	15 Bologna & Cheese Wrap W.G Cheese Crackers Grape Tomatoes & Ranch 100% Juice Cup Lowfat Milk (8 Oz) Mayo/ Mustard	16 Toasted Ham & Cheese Baked Chips Steamed Peas & Corn 100% Juice Lowfat Milk (8oz)	17 Ham/Cheeseburger Baked Potato Chips String Cheese Applesauce Cup Ketchup/Mustard Lowfat Milk (8oz)	18 Pizza Slice Assorted Fruit & Veggie (¾ cup) Ice Cream Cup
21 Ham & Cheese Sandwich On Kaiser Roll Baked Chips Pepper Stick (½ c) Hummus (2oz) Lowfat Milk (8 Oz) Mayo/ Mustard	22 Boneless Chicken Wing Bites ( 5 each) French Fries (3oz) Corn Muffin Strawberry/Grapes (½ Cup) Assorted Dips/Ketchup	23 Ranch Chicken Wrap ( Cheddar Cheese & Lettuce) Goldfish Crackers Grape Tomatoes & Ranch 100% Juice Cup (4 oz) Lowfat Milk ( 8oz)	24 Taco Salad (lettuce,cheese,ground meat) Tortilla Chips Salsa Cup Chocolate Chip Cookie	25 Pizza Slice Assorted Fruit & Veggie (¾ cup) Ice Cream Cup
28 Turkey & Cheese Sandwich On W.G Bread Baked Chips Pepper Stick (½ c) Hummus (2oz) Lowfat Milk (8 Oz) Mayo/ Mustard	29 Bologna & Cheese Wrap W.G Cheese Crackers Grape Tomatoes & Ranch 100% Juice Cup Lowfat Milk (8 Oz) Mayo/ Mustard	30 Toasted Ham & Cheese Baked Chips Steamed Peas & Corn 100% Juice Lowfat Milk (8oz)	31 Ham/Cheeseburger Baked Potato Chips String Cheese Applesauce Cup Ketchup/Mustard Lowfat Milk (8oz)	

Daily Alternative Entrée Choices: PBJ  
Uncrustable with String Cheese  
Fruit of the Day  
Veg of the Day  
Lowfat Milk

Menu is subject to change.  
Notice is posted when available.

In collaboration with

CAPITAL REGION  
**BOCES**

SHARED FOOD SERVICE PROGRAM