

## **Mount Union FREE** Summer Lunch Menu July 2025

Monday	Tuesday	Wednesday	Thursday	Friday
7/14/25	7/15/25	7/16/25	7/17/25	7/18/25
cken Alfredo over Penne	Nachos Grande	Chicken Nuggets	Ham & Cheese	REMEMBER THERE ARE
Garlic Bread Stick			on a Pretzel Roll	NO RESTRICTIONS
				NO INCOME REQUIRMENT
Featured Veggies:	Featured Veggies:	Featured Veggies:	Featured Veggies:	EVERYONE IS WELCOME
Steamed Peas	Steamed Rice	Scalloped Potatoes	Oven Fries	
				COME FOR A GOOD MEA
Choice of Fruit	Choice of Fruit	Choice of Fruit	Choice of Fruit	11AM to 12:30PM
Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	
7/21/25	7/22/25	7/23/25	7/24/25	7/25/25
Pizza Casserole	Turkey Club	Hot Turkey Sandwich	Walking Taco	601
w/ Garlic Stick			with Whole Grain Roll	~
	Chicken Noodle Soup			
				900000000000000000000000000000000000000
Featured Veggies:	Featured Veggies:	Featured Veggies:	Featured Veggies:	
teamed Green Beans	Steamed Broccoli	Mashed Potatoes	Refried Beans	CLOSED
Choice of Fruit	Choice of Fruit	Steamed Corn Choice of Fruit	Choice of Fruit	CLOSED ON FRIDAYS
Choice of Fruit Choice of Milk	Choice of Fruit Choice of Milk	Choice of Fruit Choice of Milk	Choice of Fruit Choice of Milk	ON FRIDATS
CHOICE OF WIIK	CHOICE OF WILK	Choice of Milk	CHOICE OF IVIIIK	<u>I</u>
7/00/05	7/20/05	7/20/05	7/21/05	0/1/05
7/28/25 Chicken and Gravy	7/29/25 Loaded Tator Tots	7/30/25 Spaghetti & Meatballs	7/31/25 Chicken Patty	8/1/25
Over Waffles		Garlic Stick	On a Bun	
Over vvalled		Samo Stick	On a Ban	
Fambura d Mamulani	Fambura d Manada a	For where d Moneine.	Familiar d Manadas	
Featured Veggies: Mashed Potatoes	Featured Veggies: Fresh Veggie Medley	Featured Veggies: Toss salad	Featured Veggies:  Curly Fries	SORRY
Macrica i otatoco	1 Tool 1 Vogglo Wouldy	1000 00100	Curry 1 1100	CLOSED
Steamed Corn				
Steamed Corn Choice of Fruit	Choice of Fruit	Choice of Fruit	Choice of Fruit	
	Choice of Fruit Choice of Milk	Choice of Fruit Choice of Milk	Choice of Fruit Choice of Milk	ON FRIDAYS  July 31st will be Nutrition Day.
Choice of Fruit				July 31st will be Nutrition Day.  We will have a visit from Tori from Metz
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Choice of Fruit	Choice of Milk  First Day of School			July 31st will be Nutrition Day.  We will have a visit from Tori from Metz  She will talk about the importance of
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Choice of Fruit Choice of Milk  MEMBER THERE ARE:	First Day of School is August 20th  At least three	Choice of Milk  SCHOOL IS OUT	Choice of Milk	July 31st will be Nutrition Day.  We will have a visit from Tori from Metz  She will talk about the importance of Fruits and Veggies
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Choice of Fruit Choice of Milk  MEMBER THERE ARE: NO RESTRICTIONS	First Day of School is August 20th  At least three choices at day	Choice of Milk  SCHOOL IS OUT	Choice of Milk  Starts June 9th	July 31st will be Nutrition Day.  We will have a visit from Tori from Metz  She will talk about the importance of Fruits and Veggies
Choice of Fruit Choice of Milk  MEMBER THERE ARE:	First Day of School is August 20th  At least three choices at day	SCHOOL IS OUT FOR THE SUMMER!!!	Choice of Milk	July 31st will be Nutrition Day.  We will have a visit from Tori from Metz  She will talk about the importance of Fruits and Veggies
Choice of Fruit Choice of Milk  MEMBER THERE ARE: NO RESTRICTIONS	First Day of School is August 20th  At least three choices at day  Free Free	SCHOOL IS OUT FOR THE SUMMER!!! BUT DON"T WORRY	Choice of Milk  Starts June 9th	July 31st will be Nutrition Day.  We will have a visit from Tori from Metz  She will talk about the importance of Fruits and Veggies  GAMES
Choice of Fruit Choice of Milk  MEMBER THERE ARE: NO RESTRICTIONS NCOME REQUIRMENTS	First Day of School is August 20th  At least three choices at day  Free Free	SCHOOL IS OUT FOR THE SUMMER!!! BUT DON'T WORRY YOU CAN STILL COME	Choice of Milk  Starts June 9th	July 31st will be Nutrition Day.  We will have a visit from Tori from Metz  She will talk about the importance of Fruits and Veggies  GAMES
MEMBER THERE ARE: NO RESTRICTIONS NCOME REQUIRMENTS ERYONE IS WELCOME!!	First Day of School is August 20th  At least three choices at day  Free Free	SCHOOL IS OUT FOR THE SUMMER!!! BUT DON'T WORRY YOU CAN STILL COME TO THE HIGH SCHOOL	Choice of Milk  Starts June 9th	July 31st will be Nutrition Day.  We will have a visit from Tori from Metz  She will talk about the importance of Fruits and Veggies  GAMES  Air Conditioned  SORRY
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## What is a Meal?

You must choose at least 3 of the 5 components available for the school lunch price. A minimum of 1/2 cup serving of fruit or a minimum of a 1/2 cup of vegetable must accompany a reimbursable lunch

> Meat or meat alternate **Choice of Vegetable** Choice of Fruit Grain/Bread

Choice of Milk - 1% white, fat-free white, chocolate, vanilla and strawberry











feel free to call.

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