

# Mount Union FREE Summer Lunch Menu July 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<b>7/14/25</b> Chicken Alfredo over Penne Garlic Bread Stick	<b>7/15/25</b> Nachos Grande	<b>7/16/25</b> Chicken Nuggets	<b>7/17/25</b> Ham & Cheese on a Pretzel Roll	<b>7/18/25</b> <b>REMEMBER THERE ARE: NO RESTRICTIONS</b>  <b>NO INCOME REQUIREMENTS</b>  <b>EVERYONE IS WELCOME!!</b>  <b>COME FOR A GOOD MEAL 11AM to 12:30PM</b>
<b>Featured Veggies:</b> Steamed Peas	<b>Featured Veggies:</b> Steamed Rice	<b>Featured Veggies:</b> Scalloped Potatoes	<b>Featured Veggies:</b> Oven Fries	
Choice of Fruit Choice of Milk	Choice of Fruit Choice of Milk	Choice of Fruit Choice of Milk	Choice of Fruit Choice of Milk	
<b>7/21/25</b> Pizza Casserole w/ Garlic Stick	<b>7/22/25</b> Turkey Club  Chicken Noodle Soup	<b>7/23/25</b> Hot Turkey Sandwich	<b>7/24/25</b> Walking Taco with Whole Grain Roll	  <b>CLOSED ON FRIDAYS</b>
<b>Featured Veggies:</b> Steamed Green Beans	<b>Featured Veggies:</b> Steamed Broccoli	<b>Featured Veggies:</b> Mashed Potatoes Steamed Corn	<b>Featured Veggies:</b> Refried Beans	
Choice of Fruit Choice of Milk	Choice of Fruit Choice of Milk	Choice of Fruit Choice of Milk	Choice of Fruit Choice of Milk	
<b>7/28/25</b> Chicken and Gravy Over Waffles	<b>7/29/25</b> Loaded Tator Tots 	<b>7/30/25</b> Spaghetti & Meatballs Garlic Stick	<b>7/31/25</b> Chicken Patty On a Bun	  <b>SORRY CLOSED ON FRIDAYS</b>
<b>Featured Veggies:</b> Mashed Potatoes Steamed Corn	<b>Featured Veggies:</b> Fresh Veggie Medley	<b>Featured Veggies:</b> Toss salad	<b>Featured Veggies:</b> Curly Fries	
Choice of Fruit Choice of Milk	Choice of Fruit Choice of Milk	Choice of Fruit Choice of Milk	Choice of Fruit Choice of Milk	
				July 31st will be Nutrition Day.  We will have a visit from Tori from Metz  <b>She will talk about the importance of Fruits and Veggies.</b>
	<b>First Day of School is August 20th</b>			
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<b>KIDS AGE 18 &amp; UNDER FREE      Adult Lunch \$3.50</b>				

## 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

**healthy kids**  
eat well, get active

  
**Be Healthy!**  
Eat well, Live well.

  
**It's SUMMER!**



