

- 2023 -  
**JULY**

**LUNCH MENU  
USD#345  
Seaman  
Summer Food  
Service  
Program**

Logan Elementary  
June 5-July 27, 2023  
Monday – Thursday  
11:00 AM – 12:00 PM

- Kids age 1-18 eat free!
- No registration needed
- Meals must be eaten on site
- No adult meals available

Summer Lunch Meal Pattern:

5 food items will be offered from these components:

- Milk
- Fruit (F)
- Vegetable (V)
- Grains/Breads (G/B)
- Meat/Meat Alternate (M/MA)

A child must take at least 3 different food components out of the 5 food items offered. A child is encouraged to select all 5 items

This institution is an equal opportunity provider.

**MONDAY**

**3** M/MA & G/B:  
**Corn Dog**  
G/B: Chips  
V: Seasoned Green Beans  
F: Chilled Pears  
Milk  
Ketchup & Mustard

**10** M/MA & G/B:  
**Chicken Tenders**  
Seasoned Corn  
F: Applesauce & Juice Cup  
Milk  
Honey Mustard Dip

**17** M/MA: **Pizza**  
F: Chilled Peaches & Juice Cup  
V: Seasoned Green Beans  
G/B: Whole Grain Snack  
Milk

**24** M/MA & G/B:  
**Max Stix**  
V: Marinara Cup  
Seasoned Peas  
F: Chilled Pears  
G/B: Whole Grain Snack  
Milk

**31**  
Site Closed for Summer

**TUESDAY**

**4**  
Closed  
4<sup>th</sup> of July Holiday

**11** M/MA & G/B:  
**Pulled Pork**  
V: Baked Beans & Steamed Carrots  
F: Chilled Pears  
Milk  
BBQ Sauce

**18** M/MA & G/B:  
**Grilled Chicken On Bun**  
V: Potato Batter Bites & Seasoned Corn  
F: Frozen Fruit Cup  
Milk Ketchup & Salad Dressing

**25** M/MA & G/B:  
**Breaded Beef**  
V: Mashed Potatoes & Gravy  
Steamed Corn  
F: Frozen Fruit Cup  
Milk

**WEDNESDAY**

**5** M/MA & G/B:  
**Hamburger on Bun**  
V: Baked Beans & Seasoned Carrots  
F: Chilled Peaches  
Milk

**12** M/MA & G/B:  
**Breaded Chicken**  
V: Mashed Potatoes & Gravy  
Steamed Peas  
F: Chilled Peaches  
Milk

**19** M/MA & G/B:  
**Hot Dog on Bun**  
V: Baked Beans & Steamed Carrots  
F: Applesauce  
Milk  
Ketchup & Mustard

**26** M/MA & G/B:  
**Hamburger on Bun**  
V: Baked Beans & Seasoned Carrots  
F: Chilled Fruit Cocktail  
Milk

**THURSDAY**

**6** M/MA & G/B:  
**Max Stix**  
V: Marinara Cup  
Seasoned Peas  
F: Chilled Fruit Cocktail  
G/B: Whole Grain Snack  
Milk

**13** M/MA & G/B:  
**Macaroni & Cheese**  
G/B: Cinnamon Roll  
V: Fresh Baby Carrots/Ranch  
F: Frozen Fruit Cup  
Milk

**20** M/MA & G/B:  
**Chicken Nuggets**  
V: Steamed Peas  
F: Chilled Fruit Cocktail & Juice Cup  
G/B: Chips  
Milk  
Honey Mustard Dip

**27** M/MA: **Pizza**  
F: Chilled Peaches & Juice Cup  
V: Seasoned Green Beans  
G/B: Whole Grain Snack  
Milk

**FRIDAY**

**7**  
Closed

**14**  
Closed

**21**  
Closed

**28**  
Closed