



July 2026

12:49:25 PM
Friday, June 12, 2026
3

Forgotten Harvest SFSP Lunch

12172 /

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Chick/Chz/entrée Salad Muffin 2g-WG (31) Grape Tomatoes 1/4 c (3) Chilled Fruit 1/2 c (16) Milk Choice 8oz (13-20) Spork Kit ^	2 Turkey & Cheese Wedge WG (28) Carrot Coins 1/2 c (9) Fresh Fruit (22) Spork Milk Choice 8oz (13-20) &	3 Buffalo Chick Brioche WG (31) Celery Sticks 1/2 c IW (2) (2) Juice 100% 4ozL Fruit (15) Spork Milk Choice 8oz (13-20) &
6 Turkey Ham & Chz Croissant IW Carrot Coins 1/2 c (9) Fresh Fruit (22) Spork Milk Choice 8oz (13-20) &	7 Pull Apart - Italian (33) Marinara Cup 3 oz IW (7) Apple Slices 1pkg 1/2c (7) Cheez -its WG (14) Spork Milk Choice 8oz (13-20) &	8 Chick, Turkey/pep sub WG (34) Carrot Coins 1/2 c (9) Fresh Fruit (22) Spork Milk Choice 8oz (13-20) &	9 Ez-Jammer Sandwich WG(28) Cheese Stick 1 oz (1) Celery Sticks 1/2 c (2) Juice 100% 4ozL Fruit (15) Spork Milk Choice 8oz (13-20) &	10 Turkey & Cheese on WG Bun (22) Grape Tomatoes (5) 1/2 c (4) Chilled Fruit 1/2 c (16) Milk Choice 8oz (13-20) Spork Kit ^
13 Italian Turkey Combo WG (30) Carrot Coins 1/2 c (9) Fresh Fruit (22) Spork Milk Choice 8oz (13-20) &	14 Pull Apart - Queso (33) Salsa Cup 3oz IW (5) (4) Apple Slices 1pkg 1/2c (7) Cheez -its WG (14) Spork Milk Choice 8oz (13-20) &	15 Chick/Chz/entrée Salad Muffin 2g-WG (31) Grape Tomatoes 1/4 c (3) Chilled Fruit 1/2 c (16) Milk Choice 8oz (13-20) Spork Kit ^	16 Turkey & Cheese Wedge WG (28) Carrot Coins 1/2 c (9) Fresh Fruit (22) Spork Milk Choice 8oz (13-20) &	17 Buffalo Chick Brioche WG (31) Celery Sticks 1/2 c IW (2) (2) Juice 100% 4ozL Fruit (15) Spork Milk Choice 8oz (13-20) &
20 Turkey Ham & Chz Croissant IW Carrot Coins 1/2 c (9) Fresh Fruit (22) Spork Milk Choice 8oz (13-20) &	21 Pull Apart - Italian (33) Marinara Cup 3 oz IW (7) Apple Slices 1pkg 1/2c (7) Cheez -its WG (14) Spork Milk Choice 8oz (13-20) &	22 Chick, Turkey/pep sub WG (34) Carrot Coins 1/2 c (9) Goldfish Grahams WG (19) (19) Fresh Fruit (22) Spork Milk Choice 8oz (13-20) &	23 Ez-Jammer Sandwich WG(28) Cheese Stick 1 oz (1) Celery Sticks 1/2 c IW (2) (2) Juice 100% 4ozL Fruit (15) Spork Milk Choice 8oz (13-20) &	24 Turkey & Cheese on WG Bun (22) Grape Tomatoes (5) 1/2 c (4) Chilled Fruit 1/2 c (16) Milk Choice 8oz (13-20) ^ Spork Kit
27 Italian Turkey Combo WG (30) Carrot Coins 1/2 c (9) Fresh Fruit (22) Spork Milk Choice 8oz (13-20) &	28 Pull Apart - Queso (33) Salsa Cup 3oz IW (5) (4) Apple Slices 1pkg 1/2c (7) Cheez -its WG (14) Spork Milk Choice 8oz (13-20) &	29 Chick/Chz/entrée Salad Muffin 2g-WG (31) Grape Tomatoes 1/4 c (3) Chilled Fruit 1/2 c (16) Milk Choice 8oz (13-20) ^ Spork Kit	30 Turkey & Cheese Wedge WG (28) Carrot Coins 1/2 c (9) Fresh Fruit (22) Spork Milk Choice 8oz (13-20) &	31 Buffalo Chick Brioche WG (31) Celery Sticks 1/2 c IW (2) (2) Juice 100% 4ozL Fruit (15) Spork Milk Choice 8oz (13-20) &

Carb Counts
included in
parenthesis ()
for each item

* Carb counts are estimated
based on nutrition labels from
the manufacturer and USDA
data

Milk Carbs:
1% White Milk 1/2 Pint
(Green)(12)
Fat Free Chocolate Milk 1/2
Pint (Brown)(23)

*(V) indicates a vegetarian
entree

This institution is an
equal opportunity
provider.