



Mount Union FREE Summer Lunch Menu July August 2022

Monday	Tuesday	Wednesday	Thursday	Friday
7/11/22 Pizza Casserole Garlic Stick	7/12/22 Toasted Cheese Sandwich	7/13/22 Mashed Potato Bowl with a roll	7/14/22 Ham & Cheese Croissant	7/15/22 REMEMBER THERE ARE: NO RESTRICTIONS NO INCOME REQUIRMENTS EVERYONE IS WELCOME!! COME FOR A GOOD MEAL 11AM to 12:30PM
Featured Veggies: Steamed Green Beans	Featured Veggies: Tomato Soup	Featured Veggies: Steamed Corn	Featured Veggies: 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	
7/18/22 Chicken Alfredo over Penne Garlic Bread Stick	7/19/22 Turkey Club Chicken Noodle Soup	7/20/22 Chicken Nuggets with a whole grain roll	7/21/22 Walking Taco with Whole Grain Roll	7/22/22  CLOSED ON FRIDAYS
Featured Veggies: Steamed Peas	Featured Veggies: Steamed Broccoli	Featured Veggies: Scalloped Potatoes	Featured Veggies: Steamed Rice	
Choice of Fruit Choice of Milk	Choice of Fruit Choice of Milk	Choice of Fruit Choice of Milk	Choice of Fruit Choice of Milk	
7/25/22 Chicken and Gravy Over Waffles	7/26/22 Loaded Tator Tots 	7/27/22 Spaghetti & Meatballs Garlic Stick	7/28/22 Cheese Burger On a wg Bun	7/29/22  SORRY CLOSED ON FRIDAYS
Featured Veggies: Mashed Potatoes Steamed Corn	Featured Veggies: Fresh Veggie Medley	Featured Veggies: Toss salad	Featured Veggies: 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	
8/1/22 Macaroni & Cheese Garlic Stick	8/2/22 Fruit Cravable goldfish crackers	8/3/22 Hot Turkey Sandwich	8/4/22 BBQ RIBS on a roll	8/5/22  SORRY CLOSED ON FRIDAYS
Featured Veggies: Steamed Green Beans Stewed Tomatoes	Featured Veggies: Refried Beans Steamed Peas	Featured Veggies: Mashed Potatoes Steamed Corn	Featured Veggies: Tator Tots	
Choice of Fruit Choice of Milk	Choice of Fruit Choice of Milk	Choice of Fruit Choice of Milk	Choice of Fruit Choice of Milk	
8/8/22	8/9/22	8/10/22	8/11/22	8/12/22
Sorry We are closed for the rest of the summer.				
See you on August 24th For the start of school				
REMEMBER THERE ARE: NO RESTRICTIONS	At least three choices at day		Starts June 6th Ends August 4th	GAMES
NO INCOME REQUIRMENTS	Free Free			Air Conditioned
EVERYONE IS WELCOME!!	Free			
COME FOR A GOOD MEAL 11AM to 12:30PM	Free Free		Eat in only.	SORRY CLOSED ON FRIDAYS
	Free			

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



KIDS AGE 18 & UNDER FREE Adult Lunch \$3.00

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