



# July 2025 Lunch Menu

## Cheektowaga Middle & High School



Monday	Tuesday	Wednesday	Thursday	Friday
<p>7</p> <p>Turkey &amp; Cheese Sub</p> <p>-----</p> <p>Vegetable ½ C Fruit 1/2c Milk-8oz</p>	<p>8</p> <p>Ham &amp; Cheese Wrap</p> <p>-----</p> <p>Vegetable ½ C Fruit 1/2c Milk-8oz</p>	<p>9</p> <p>Turkey &amp; Cheese Wrap</p> <p>-----</p> <p>Vegetable ½ C Fruit 1/2c Milk-8oz</p>	<p>10</p> <p>Ham &amp; Cheese Sub</p> <p>-----</p> <p>Vegetable ½ C Fruit 1/2c Milk-8oz</p>	<p>11</p>
<p>15</p> <p>Turkey &amp; Cheese Sub</p> <p>-----</p> <p>Vegetable ½ C Fruit 1/2c Milk-8oz</p>	<p>16</p> <p>Ham &amp; Cheese Sub</p> <p>-----</p> <p>Vegetable ½ C Fruit 1/2c Milk-8oz</p>	<p>17</p> <p>Turkey &amp; Cheese Wrap</p> <p>-----</p> <p>Vegetable ½ C Fruit 1/2c Milk-8oz</p>	<p>18</p> <p>Cheeseburger on Bun</p> <p>-----</p> <p>Vegetable ½ C Fruit 1/2c Milk-8oz</p>	<p>19</p>
<p>22</p> <p>Turkey &amp; Cheese Sub</p> <p>-----</p> <p>Vegetable ½ C Fruit 1/2c Milk-8oz</p>	<p>23</p> <p>Ham &amp; Cheese Wrap</p> <p>-----</p> <p>Vegetable ½ C Fruit 1/2c Milk-8oz</p>	<p>24</p> <p>Turkey &amp; Cheese Wrap</p> <p>-----</p> <p>Vegetable ½ C Fruit 1/2c Milk-8oz</p>	<p>25</p> <p>Cheeseburger on Bun</p> <p>-----</p> <p>Vegetable ½ C Fruit 1/2c Milk-8oz</p>	<p>26</p>
<p>29</p> <p>Turkey &amp; Cheese Sub</p> <p>-----</p> <p>Vegetable ½ C Fruit 1/2c Milk-8oz</p>	<p>30</p> <p>Ham &amp; Cheese Wrap</p> <p>-----</p> <p>Vegetable ½ C Fruit 1/2c Milk-8oz</p>	<p>31</p> <p>Turkey &amp; Cheese Wrap</p> <p>-----</p> <p>Vegetable ½ C Fruit 1/2c Milk-8oz</p>	<p>1</p> <p>Chicken Tenders</p> <p>-----</p> <p>Vegetable ½ C Fruit 1/2c Milk-8oz</p>	<p>2</p>

This institution is an equal opportunity provider and employer.

### NYS LOCAL FOODS

*\*Upstate Farms Dairy  
-milk, yogurt, sour cream  
\*LynOaken Farms Apples  
\*Local Farm Vegetables and Fruit  
used in Meal Program  
highlighted in green*



**Daily Alternate Choice:**

**Peanut Butter & Jelly  
Sandwich**

**\*Menus subject to change\***

**Offered daily**

**with all School Lunches:**

**Fresh Fruit or Fruit Cup**

*(Must take ½ cup of Fruit or Vegetable – may take up to 1 cup)*

**NY State Low Fat White Milk 8oz**