

JULY | 2025

VERTICAL EXTREME LUNCH MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30 	1 PIZZA DAY! MIXED GREEN SALAD WITH L.F. RANCH DRESSING ORANGE GOLDFISH CRACKERS	2 CHICKEN FAJITA GRILLED CHICKEN FAJITA STRIPS & SHRED. CHEDDAR CHEESE IN A FLOUR TORTILLA CORN PINEAPPLE TIDBITS L.F. SOUR CREAM / SALSA	3 SMORGASBORD DAY!	4 NO VERTICAL EXTREME CELEBRATE THE FOURTH OF JULY!!
7 BREAKFAST PIZZA SAUSAGE, GRAVY, & CHEESE ON A WG PASTRY LIKE CRUST TATER TOTS DICED PEACHES	8 BEEF & NOODLES ALL BEEF CRUMBLES WITH NOODLES IN BEEF BROTH SLICED COOKED CARROTS MIXED FRUIT WG ROLL	9 BBQ PORK RIB SANDWICH PORK RIB PATTY ON A WG BUN WAFFLE CUT FRIES APPLESAUCE KETCHUP	10 PIZZA BREADSTICKS WG BREADSTICKS STUFFED WITH PEPPERONI, MOZ. CHEESE & SAUCE GREEN BEANS BANANA	11 SMORGASBORD DAY!
14 NATIONAL MACARONI & CHEESE DAY! WG BAKED MAC 'N CHEESE GREEN BEANS MIXED FRUIT	15 CHICKEN NUGGETS WG BREADED, OVEN BAKED, CHICKEN NUGGETS MASHED POTATOES / GRAVY MANDARIN ORANGE SEGMENTS WG ROLL BBQ SAUCE / KETCHUP	16 TURKEY & HAM SUB SLICED TURKEY BREAST & HAM ON A WG SUB BUN CARROT STICKS / LF RANCH DIP APPLE SLICES CHEESE BALL SNACKS MAYO / MUSTARD	17 TERIYAKI BEEF DIPPERS FLAME BROILED BEEF BITES IN A TERIYAKI SAUCE STEAMED BROCCOLI PINEAPPLE TIDBITS STEAMED BROWN RICE	18 SMORGASBORD DAY!
21 BEEF & NOODLES PEAS & CARROTS MANDARIN ORANGE SEGMENTS	22 POPCORN CHICKEN WG BREADED, OVEN BAKED, CHICKEN PIECES BAKED CUT UP SWEET POTATOES MIXED FRUIT / WG ROLL BBQ SAUCE / KETCHUP	23 NACHOS CORN TORTILLA CHIPS WITH TACO MEAT & CHEESE SAUCE CORN & BLACK BEANS PINEAPPLE TIDBITS L.F. SOUR CREAM / SALSA	24 GRILLED CHEESE SANDWICH SLICED AMERICAN CHEESE ON TOASTED WG BREAD GREEN BEANS BANANA	25 SMORGASBORD DAY!
28 T'S NATIONAL HAMBURGER DAY! LET'S CELEBRATE WITH AN ALL BEEF PATTY ON A WG HONEY WHEAT BUN OVEN BAKED FRIES TROPICAL MIXED FRUIT KETCHUP / MUSTARD	29 BAKED CAVATAPPI CAVATAPPI PASTA BAKED IN A THREE CHEESE SAUCE GREEN BEANS RED SEEDLESS GRAPES	30 HAM & CHEESE ROLL UP SLICED HAM & AMER. CHEESE ROLLED UP INSIDE OF A SOFT TORTILLA CARROTS & L.F. RANCH DIP APPLESAUCE CUP WG TEDDY GRAHAMS	31 SPAGHETTI WG SPAGHETTI NOODLES IN MEAT SAUCE PEAS DICED PEARS GARLIC BREAD	1



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