

Jul-18

MONDAY	TUESDAY	Wednesday	THURSDAY	FRIDAY
2 B: WG cereal w/ milk, juice L: Chicken Patty Sandwich, Mixed Veg, Apple Sauce, Milk Sn: Graham Cracker, milk	3 B: WG Pancakes, orange slices, milk L: Veggie Pasta Salad, Cheese, Peaches, Milk Sn: Cheese Quesadilla, Water	4 Happy 4th of July!!!	5 B: WG Waffles, Apples, Milk L: Cheeseburger on Bun, Tomato, Watermelon, Milk Sn: Yogurt, Animal crackers, Water	6 B: WG Cinnamon toast, Banana, milk L: Ham, Green Beans and Potatoes, Pineapple, Roll, Milk Sn: Crackers, juice
9 B: WG cereal w/ milk, juice L: Baked Mac and Cheese, Peas, Applesauce, Milk Sn: Apple slices w/ PB, milk	10 B: WG English Muffins, orange slices, milk L: Pizza, Salad, Pear, Milk Sn: Fresh Fruit, Pretzels, Water	11 B: WG waffle, Apples, Milk L: Taco Salad (Meat, Rice, Tom. Lettuce, Tort. Chips) Tropical Mixed Fruit, Milk Sn: Goldfish Crackers, Raisins Water	12 B: WG cereal w/ milk, banana L: Turkey & Lentil Stew, Rice, Mixed Fruit, Milk Sn: Trail Mix, Milk	13 B: WG Cinnamon toast, seasonal fresh fruit, milk L: Sweet Potato, Sausage, Roll, Applesauce, Milk Sn: PB crackers, juice
16 B: WG cereal w/ milk, juice L: Veggie Tequitos, Cheese Stick, Man. Oranges, Milk Sn: Graham crackers, milk	17 B: WG Bagel, orange slices, Milk L: PopCorn Chicken, Mixed Veg. Roll, Melon Salad Sn: Yogurt, Pretzel Goldfish, Water	18 B: WG waffle, Apples, Milk L: Mac w/ Hamburger and Tom. Sauce, Corn, Apple Sacuce, Milk Sn: Crackers, Cheese, Water	19 B: WG cereal w/ milk, banana L: Swedish Meatballs, Green Beans, Peaches, Milk Sn: Fresh Veg. Cracker, Water	20 B: WG Cinnamon toast, seasonal fresh fruit, milk L: Hot Ham & Cheese Sand. Broc & Caulif, Pears, Milk Sn: Baked Oatmeal Bars, Milk
23 B: Asst. cereal w/ milk, juice L: Baked Beans w/ Sausage, Corn on the Cob, Watermelon Milk Sn: Apple Slices w/ PB, Milk	24 B: WG Pancakes, orange slices, milk L: Chicken Spagehetti, Salad Pineapple, Milk Sn: Blueberries & Bananas Crackers, Milk	25 B: WG waffle, apple slices, milk L: Corn Dog Casserole, Broccoli, Melon Salad, Milk Sn: Cheese Crackers, Milk	28 B: WG cereal w/ milk, banana L: Sweet & Sour Meatballs, Roll Ranch Potatoes, Apple Sauce Sn: Animal crackers, milk	29 B: WG Cinnamon toast, seasonal fresh fruit, milk L: Egg Roll in a Bowl (Cabbage, Ground Pork, Veg) Rice, Tropical Mixed Fruit, Milk Sn: Chex mix, juice
30 B: Asst. cereal w/ milk, juice L: Tomato Soup, Toasted Cheese Sand. Apples, Milk Sn: Graham Crackers, Milk	31 B: WG English Muffins, orange slices, milk L: Fish Nuggets, Corn, Peaches, Roll, Milk Sn: Yogurt, Pretzels, Water			

*All juice is 100% juice *WG=Whole Grain

*Assorted cereals include: Cheerios, Chex (Corn, Rice, or Wheat), Corn Flakes, Kix, Life, Rice Krispies, Wheaties, etc.