

# Menu – July 2021

Meals	Monday	Tuesday	Wednesday	Thursday	Friday
<b>WEEK 1</b>					
<b>Breakfast</b>		Whole wheat waffles with powdered sugar, berries & milk	Rice cakes with Sunbutter & milk	French toast sticks, strawberries & milk	Multigrain English muffin, fruit spread & milk
<b>Lunch</b>		Pizza, black beans, bell pepper slices & milk	Peppers, yellow rice with peas and carrots, diced melon & milk	Macaroni with sauce, chopped salad with ranch, oranges & milk	Fish sticks, mashed potatoes, mixed fruit & milk
<b>Snack</b>		Pita bread, hummus & water	Yogurt, fruit & water	Whole wheat crackers, cheddar cheese & water	Mixed fresh fruit, whole wheat goldfish & water
<b>WEEK 2</b>					
<b>Breakfast</b>	Whole wheat toast with fruit spread & milk	Vanilla yogurt, apple slices & milk	Refried bean and cheese burrito & milk	Biscuit with fruit spread, peaches & milk	Cheese toast, pineapple & milk
<b>Lunch</b>	Cheese Queso, broccoli and rice, pineapple & milk	Turkey and cheese wrap, cucumber slices with ranch, green beans & milk	Grilled cheese, tomato soup, applesauce & milk	Macaroni and cheese, green beans, mandarin oranges & milk	Cheesy alfredo, cauliflower, strawberries & milk V: Veggie nuggets
<b>Snack</b>	Cheese sticks, whole wheat crackers & water	Bread sticks, marinara sauce & water	Graham crackers, orange slices & water	Granola bars, strawberries & water	Mixed fresh fruit, animal crackers & water

**V: Vegetarian Option**

# Menu – July 2021

Meals	Monday	Tuesday	Wednesday	Thursday	Friday
<b>WEEK 3</b>					
<b>Breakfast</b>	Whole grain bagel with cream cheese & milk	Cereal with bananas & milk	Whole wheat cheese toast, melon & milk	Pancakes, berries & milk	French toast sticks with powdered sugar, berries & milk
<b>Lunch</b>	Fish sticks, mashed potatoes, orange slices & milk V: Veggie nuggets	Cheese Pizza, broccoli, applesauce & milk	Potato wedges, chopped salad & milk	Cheesy pasta bake, strawberries, green beans & milk	Cheese quesadilla, black beans, corn & milk
<b>Snack</b>	Pretzels, hummus & water	Tortilla chips, salsa & water (soft tortilla for tots)	Bell pepper slices, ranch & water	Whole wheat crackers, sun butter & water	Mixed fresh fruit, pretzels & water
<b>WEEK 4</b>					
<b>Breakfast</b>	Whole wheat English muffin with sunbutter & milk	Bagel with cream cheese, melon & milk	Yogurt, cereal & milk	Waffles, bananas & milk	Biscuits with fruit spread & milk
<b>Lunch</b>	Yellow rice with peas & carrots, broccoli, pineapple & milk	Cheeseburger pasta bake, sweet peas, mandarin oranges & milk V: Cheese pasta	Veggie tacos with black beans, lettuce, tomato and beans, apple slices & milk	Fish sticks, potato wedges, peaches & milk V: Veggie patty	Macaroni and cheese, green beans, honeydew & milk
<b>Snack</b>	Rice cakes with fruit spread & water	Pita/ Pita chips with hummus & water	Whole wheat crackers, cheese & water	Carrot sticks with ranch & water (shredded carrots for toddlers)	Mixed fresh fruit, goldfish & water

**V: Vegetarian Option**