

Meals	Monday	Tuesday	Wednesday	Thursday	Friday
<b>July 1-5</b> <b>Breakfast</b>	Kix Cereal, Bananas & Milk	Whole Grain Pancakes, Strawberries & Milk	Nutra grain bars, peaches & milk	Closed Happy 4 <sup>th</sup>	Closed
<b>Lunch</b>	Sunbutter and jelly on whole grain bread, mixed vegetables, oranges, and milk	Chicken Alfredo, peas & carrots, Garlic Bread, pears & Milk <b>V: Plain Alfredo</b>	Turkey and cheese sandwich, cucumber slices, apple slices & milk <b>V: Cheese Sandwich</b>		
<b>Snack</b>	Pretzels & Water	Yogurt & Water	Vanilla Wafers, Banana Pudding & Water		
<b>July 8-12</b> <b>Breakfast</b>	Whole grain cheerios, bananas & milk	Waffles, Peaches & Milk	Whole grain pancakes, pears & milk	Nutra grain bars, strawberries & milk	Biscuits with fruit spread, applesauce & milk
<b>Lunch</b>	Turkey and cheese sandwich, cucumber & carrot slices, apple slices & milk	Spaghetti with red sauce, veggie meatballs, garlic bread, mandarin oranges, broccoli & milk	Whole grain rice, black beans, whole grain bread, peaches & milk	Chicken Patty on whole wheat bun, mashed potatoes, cantaloupe & milk	Sun butter and jelly on, whole grain bread, peas & carrots, mixed fresh fruit & milk
<b>Snack</b>	<b>V: cheese sandwich</b> <b>A: Turkey sandwich</b> Yogurt & water	Veggie straws & water	Animal crackers & water	<b>V: Veggie Patty</b> Graham crackers & water	Goldfish & water

**V: Vegetarian Option**

**A: Allergy**

Meals	Monday	Tuesday	Wednesday	Thursday	Friday
<b>July 15-19</b>					
<b>Breakfast</b>	Whole Grain Cheerios, Bananas & Milk	French toast sticks, oranges & milk	Nutra grain bars, pears & milk	Whole Grain Waffles, Peaches & Milk	Toasted Bagel with Cream Cheese, Strawberries & Milk
<b>Lunch</b>	Turley & Cheese Sandwich on Whole Wheat Bread, Cucumbers and Carrots, Applesauce & Milk	Chicken quesadilla with tomatoes and lettuce, peaches, & milk V: Cheese Quesadilla	Grilled Cheese on Whole Grain Bread, Mixed Vegetables, Applesauce & Milk A: sunbutter and jelly sandwich	Chicken Nuggets, Peas and Carrots, Whole Grain Bread, Cantaloupe and Honeydew Melon & Milk V: Veggie Nuggets	Sun butter and jelly on, whole grain bread, peas & carrots, mixed fresh fruit & milk
<b>Snack</b>	V: Cheese Sandwich A: Turkey sandwich  Graham Crackers, & Water	Animal crackers, water	Veggie Straws & Water	Pita Bread & Hummus	Pretzels and water

<b>July 22-26</b>					
<b>Breakfast</b>	Kix Cereal, Bananas & Milk	Whole Grain Pancakes, Mandarin Oranges & Milk	Nutra grain bars, pears & milk	French toast sticks, oranges & milk	Toasted bagel with cream cheese, strawberries & Milk
<b>Lunch</b>	Grilled cheese on whole grain bread, corn, applesauce & Milk A: Veggie Nuggets	Chicken Alfredo, peas & carrots, Garlic Bread & Milk V: Plain Alfredo	Turkey and cheese sandwich, cucumber & carrot slices, apple slices & milk V: Cheese Sandwich	Mac and cheese, broccoli, pineapple, whole grain bread & Milk A: Sunbutter and Jelly	Chicken Patty on a Whole Grain bun, tater tots, peaches & Milk V: Veggie Patty
<b>Snack</b>	Veggie Straws & Water	Yogurt, Oranges & Water	Vanilla Wafers, Banana Pudding & Water	Pretzels & water	Cheese and crackers, water

**V: Vegetarian Option**

**A: Allergy**

<p><b>July 29- Aug2 Breakfast</b></p>	<p>Kix Cereal Bananas &amp; Milk</p>	<p>Waffles, strawberries &amp; milk</p>	<p>Toasted bagel with cream cheese, mandarin oranges &amp; milk</p>	<p>Nutra Grain Bars, peaches &amp; milk</p>	<p>French toast sticks, pineapples &amp; milk</p>
<p><b>Lunch</b></p>	<p>Grilled Cheese on Whole Grain Bread, Mixed Vegetables, Applesauce &amp; Milk</p>	<p>Spaghetti with veggie meat sauce, Italian bread, peas and carrots, pears &amp; milk</p>	<p>Vegetarian beans, whole grain bread, broccoli, pears, &amp; milk</p>	<p>Chicken nuggets, mashed potatoes, corn, whole wheat bread &amp; milk <b>V: Veggie Nuggets</b></p>	<p>Cheese Pizza, green beans, strawberries &amp; milk <b>A: Sunbutter and Jelly</b></p>
<p><b>Snack</b></p>	<p>Animal Crackers &amp; Water</p>	<p>Veggie Straws &amp; Water</p>	<p>Pretzels &amp; water</p>	<p>Goldfish, bananas &amp; water</p>	<p>Fig newtons &amp; water</p>

**V: Vegetarian Option**

**A: Allergy**