

# Week A Menu



## Week of July 1-3

Weekday	AM Snack	Lunch	PM Snack	Vegetarian adjustment
Monday	Waffles, peaches and milk	Chicken Nuggets, Strawberries, Green Beans and Milk	Veggie Straws and Water	Veggie Nuggets
Tuesday	Bagels with cream cheese, pears and milk	Turkey and Cheese on Whole Wheat Bread, Cucumber and Carrot Mix, Apple Slices / Applesauce and Milk	Fig Newtons and Water	
Wednesday	Nutrigrain bars, bananas and milk	Grilled Cheese on whole grain bread, mixed fruit, peas & carrots and milk	Graham Crackers and Water	
Thursday	French toast bites, mandarin oranges and milk	English Muffin Pizza, mixed vegetables, mixed fruit and milk	Cheese its and water	
Friday	Closed	Closed	closed	

# Week B Menu



## Week of July 6-10

Weekday	AM Snack	Lunch	PM Snack
Monday	Yogurt, mixed fruit & milk	Chicken patty, peas and carrots, peaches, and milk	Cinnamon graham crackers and water
Tuesday	Rice crispies, bananas and milk	Sunbutter and jelly on whole grain bread, apple slices/applesauce, corn, milk	Flavored rice cakes and water
Wednesday	Waffles, blueberries and milk	Turkey and Cheese Roll Up, broccoli, pineapples & milk	Chesters cheese puffcorn and water
Thursday	Pancakes, bananas and milk	Yellow rice & black beans, pears, whole grain bread and milk	Pretzels and water
Friday	French toast sticks, mandarin oranges, milk	English muffin pizza, mixed vegetables, mixed fruit and milk	Animal crackers and water

Vegetarian adjustment
Veggie Patty

# Week C Menu



## Week of July 13-17

Weekday	AM Snack	Lunch	PM Snack	Vegetarian adjustment
Monday	Bagel with cream cheese, pears, milk	Grilled Cheese on Whole Grain Bread, Peaches, Peas and Carrots & Milk	Chesters Puffcorn and Water	
Tuesday	Cold Cereal, Bananas & Milk	Turkey and Cheese Sandwich, Cucumbers and Carrots, Apple Slices, Applesauce and Milk	Goldfish and water	Cheese Sandwich
Wednesday	Pancakes, Applesauce and Milk	Vegetarian Beans, Broccoli, peaches, whole grain bread and milk	Veggie Straws and water	
Thursday	Nutrigrain bars, strawberries, and milk	Chicken Alfredo, Garlic Bread, Oranges, Green Beans & Milk	Pretzels & Water	Plain alfredo
Friday	French Toast Bites, Oranges & Milk	Cheese Pizza, Mixed Fruit, Mixed Vegetables and Milk	Fig Newtons & Water	

# Week D Menu



## Week of July 20-24

Weekday	AM Snack	Lunch	PM Snack
Monday	Pancakes, applesauce/appleslices, and milk	Chicken Sandwich, peas and carrots, Oranges & Milk	Flavored Rice Cakes and water
Tuesday	Cereal, Bananas and Milk	Vegetarian beans, broccoli and cauliflower, whole grain bread, peaches, milk	Cheese Crackers and Water
Wednesday	Yogurt with Mixed Fruit & Milk	Chicken Quesodillas, Corn, Strawberries & Milk	Veggie Straws and Water
Thursday	Nutri Grain Bars, Pears and Milk	Sun Butter and Jelly on Whole Grain Bread, Green Beans, Pineapple & Milk	Chesters Puffcorn and Water
Friday	French toast sticks, oranges and milk	Cheese Pizza, mixed vegetables, mixed fruit and milk	Goldfish and water

Vegetarian adjustment
Veggie nuggets
Cheese Quesodilla or Chicken Quesodilla