

JULY





Happy 4th of July



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Monday	Tuesday	Wednesday	Thursday	Friday
1) AM: Cereal & milk L: Alfredo pasta, broccoli, fresh fruit PM: Goldfish V: Alfredo pasta	2) AM: Blueberry Oatmeal L: Sweet & Sour meatballs, rice and fresh fruit PM: Pretzels V: Veggie meatballs	3) AM: Yogurt w/ grahams L: DIY Lunchables, cucumbers, fruit PM: Chef's choice V: Cheese lunchable	4) CLOSED	5) CLOSED
8) AM: Waffles w/ syrup L: Fish Sticks, mixed veggie, mixed fruit PM: Fig bars V: Veggie nuggets	9) AM: Cereal & Milk L: Chicken sandwich, fries, apples PM: Animal Crackers V: Veggie sandwich	10) AM: Bagels w/ cream cheese L: Cowboy caviar, tostadas, fruit PM: Apples & sun butter V: Cowboy caviar	11) AM: Fried Eggs L: Veggie quesadillas, corn, pears PM: Hummus & crackers V: Cheese Lasagna	12) AM: Cheerios & bananas L: Cheese lasagna, broccoli, pears PM: Veggie Straws V: Veggie quesadillas
15) AM: Muffins L: Grilled cheese sandwich, fries, fruit PM: Watermelon V: Veggie nuggets	16) AM: Cereal bars & Smoothie L: Cheese ravioli in veggie sauce, mixed veggie, fruit PM: Cheezits V: Tater tot casserole	17) AM: English muffins w/ jelly L: Steak fingers, mixed veggies, oranges PM: Nut free trail mix V: veggie dogs	18) AM: Pancakes w/ syrup L: Cheese enchiladas, beans, fruit PM: Apple sauce & grahams V: Cheese enchiladas	19) AM: Avocado Toast L: Chicken nuggets, mashed potatoes, apples PM: Veggies & ranch
22) AM: Biscuits w/ Jelly L: Deli Chicken wraps, sweet potato, mixed fruit PM: Graham crackers V: Cheese wrap	23) AM: French toast sticks L: Chicken broccoli casserole, fresh fruit PM: Goldfish V: Broccoli casserole	24) AM: Cereal & milk L: Mac & cheese, mixed veggies, fruit PM: Cubed cheese & crackers V: Mac & cheese	25) AM: Apple sauce & grahams L: Sun butter & jelly sandwich, veggies, fruit PM: Cereal bars V: Sun butter sandwich	26) AM: Cheesy hashbrowns L: Fish sticks, fries, fruit PM: Fig bars V: Veggie nuggets
29) AM: Cereal & milk L: Quesadillas, beans, fresh fruit PM: Cheezits V: Cheese quesadillas	30) AM: Biscuits w/ jelly L: Chicken nuggets, fries, fruit PM: Animal Crackers V: Meatless nuggets	31) AM: Cereal bars L: Bean & Cheese Tostadas, corn, fresh fruit PM: Cucumbers & ranch V: Bean & cheese tostadas	1) AM: Pancakes w/ syrup L: Fried chicken wraps, smiley fries, fruit PM: Bagels & cream cheese V: Veggie wrap	2) Yogurt & grahams L: Chicken fried rice, mixed veggies, fruit PM: Hummus & crackers V: Veggie fried rice

Milk is served with Breakfast & Lunch Water is served throughout the day AM= 9:00am morning snack L=11:30am Lunch PM= 3:00pm Afternoon snack