


JULY





Happy 4th of July



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Monday	Tuesday	Wednesday	Thursday	Friday
30) AM: Rice Cakes w/ jelly L: Mac & Cheese, vegetables, fruit PM: Veggie Straws V: Same	1) AM: Cinnamon Maple Oatmeal L: Sweet & Sour meatballs, rice and fresh fruit PM: Pretzels V: Veggie meatballs	2) AM: Yogurt w/ grahams L: DIY Lunchables, cucumbers, fruit PM: Nut Free Trail mix V: Veggie protein	3) AM: Cereal & milk L: Alfredo pasta, broccoli, fresh fruit PM: Goldfish V: Same	4) CLOSED
7) AM: Waffles w/ syrup L: Pizza, peas and carrots, mixed fruit PM: Fig bars V: same	8) AM: Cereal & Milk L: Chicken sandwich, fries, apples PM: Animal Crackers V: Veggie sandwich	9) AM: Bagels w/ cream cheese L: Cowboy caviar, tostadas, fruit PM: Apples & sun butter V: Same	10) AM: Fried Eggs L: Veggie quesadillas, corn, pears PM: Hummus & crackers V: Same	11) AM: Cheerios & bananas L: Cheese lasagna, broccoli, pears PM: Veggie Straws V: Same
14) AM: Muffins L: Grilled cheese sandwich, fries, fruit PM: Watermelon V: Same	15) AM: Cereal bars & fruit L: Cheese ravioli butter sauce, mixed veggie, fruit PM: Cheez its V: Same	16) AM: English muffins w/ jelly L: Steak fingers, mixed veggies, oranges PM: Nut free trail mix V: veggie nuggets	17) AM: Pancakes w/ syrup L: Cheese enchiladas, beans, fruit PM: Apple sauce & grahams V: Same	18) AM: Toast L: Chicken nuggets, mashed potatoes, apples PM: Veggies & ranch V: Veggie nuggets
21) AM: Biscuits w/ Jelly L: Chicken wraps, sweet potato, mixed fruit PM: Graham crackers V: Cheese wrap	22) AM: French toast sticks L: Chicken broccoli casserole, fresh fruit PM: Goldfish V: Broccoli casserole	23) AM: Cereal & milk L: Mac & cheese, mixed veggies, fruit PM: Cubed cheese & crackers V: Same	24) AM: Apple sauce & grahams L: Sun butter & jelly sandwich, veggies, fruit PM: Cereal bars V: Same	25) AM: Cheesy hashbrowns L: Pizzadillas, peas & carrots, fruit PM: Fig bars V: Same
28) AM: Cereal & milk L: Quesadillas, beans, fresh fruit PM: Cheez its V: Same	29) AM: Biscuits w/ jelly L: Chicken ranch pasta salad, mixed veggies, fruit PM: Animal Crackers V: Veggie pasta salad	30) AM: Cereal bars L: Bean & Cheese Tostadas, corn, fresh fruit PM: Cucumbers & ranch V: Same	31) AM: Pancakes w/ syrup L: Fried chicken wraps, smiley fries, fruit PM: Bagels & cream cheese V: Veggie wrap	1) Yogurt & grahams L: Veggie fried rice, mixed veggies, fruit PM: Hummus & crackers V: Same

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