



July 2020 School MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 <u>Breakfast:</u> Cereal with Milk & Fruit <u>Morning Snack:</u> French Toast Sticks <u>Lunch:</u> Chicken Sandwich, Mixed Veggies and Apple Slices <u>Vegetarian:</u> Veggie Chicken Sandwich <u>Afternoon Snack:</u> Trail Mix	2 <u>Breakfast:</u> Yogurt with Milk & Fruit <u>Morning Snack:</u> Cereal Bars <u>Lunch:</u> Chicken Alfredo Pasta, Peas and Orange Slices <u>Vegetarian:</u> Alfredo Pasta <u>Afternoon Snack:</u> Rice Cakes	3 School Closed Happy Independence Day 
6 <u>Breakfast:</u> Cereal with Milk & Fruit <u>Morning Snack:</u> Jell-o with Fruit <u>Lunch:</u> Chicken Nuggets, Corn Mashed Potatoes and Apple Slices <u>Vegetarian:</u> Veggie Nuggets <u>Afternoon Snack:</u> Goldfish Crackers	7 <u>Breakfast:</u> Yogurt & Fruit <u>Morning Snack:</u> Cheerios with Raisins <u>Lunch:</u> Lasagna, Carrots and Orange Slices <u>Vegetarian:</u> Cheese Ravioli <u>Afternoon Snack:</u> Animal Crackers	8 <u>Breakfast:</u> Cereal with Milk & Fruit <u>Morning Snack:</u> Fresh Baked Muffins <u>Lunch:</u> Bean and Cheese Burrito, Peas and Applesauce <u>Vegetarian:</u> Same <u>Afternoon Snack:</u> Wheat Thins w/Hummus	9 <u>Breakfast:</u> Yogurt & Fruit <u>Morning Snack:</u> Cereal w/milk <u>Lunch:</u> Chicken with Rice, Green Beans and Pineapples <u>Vegetarian:</u> Veggie Chicken w/Rice <u>Afternoon Snack:</u> Oatmeal Cookie	10 <u>Breakfast:</u> Cereal with Milk & Fruit <u>Morning Snack:</u> Oatmeal <u>Lunch:</u> Cheese Pizza, Mixed Veggies and Mixed Fruit <u>Vegetarian:</u> Same <u>Afternoon Snack:</u> Kitchen's Choice
13 <u>Breakfast:</u> Cereal with Milk & Fruit <u>Morning Snack:</u> Pancakes <u>Lunch:</u> Spaghetti and Meatballs, Garden Salad and Bananas <u>Vegetarian:</u> Meatless Spaghetti <u>Afternoon Snack:</u> Naan Bread w/Hummus	14 <u>Breakfast:</u> Yogurt & Fruit <u>Morning Snack:</u> Cucumbers with Ranch <u>Lunch:</u> Mac N Cheese, Green Beans and Apple Slices <u>Vegetarian:</u> Same <u>Afternoon Snack:</u> Ritz Crackers w/cheese	15 <u>Breakfast:</u> Cereal with Milk & Fruit <u>Morning Snack:</u> Bagels w/Cream Cheese <u>Lunch:</u> Meatball Sub w/Spaghetti Sauce, Peas and Pears <u>Vegetarian:</u> Veggie Crumble Sub w/ Sauce <u>Afternoon Snack:</u> Goldfish Crackers	16 <u>Breakfast:</u> Yogurt & Fruit <u>Morning Snack:</u> Fresh Baked Muffins <u>Lunch:</u> Fish Sticks, Mashed Potatoes, Carrots and Applesauce <u>Vegetarian:</u> Veggie Nuggets <u>Afternoon Snack:</u> Veggie Straws	17 <u>Breakfast:</u> Cereal with Milk & Fruit <u>Morning Snack:</u> String Cheese with Fruit <u>Lunch:</u> Cheese Pizza, Mixed Veggies and Mixed Fruit <u>Vegetarian:</u> Same <u>Afternoon Snack:</u> Pretzel Sticks/Cheerios
20 <u>Breakfast:</u> Cereal with Milk & Fruit <u>Morning Snack:</u> Cinnamon Raisin Bread <u>Lunch:</u> Lasagna, Carrots and Orange Slices <u>Vegetarian:</u> Cheese Ravioli <u>Afternoon Snack:</u> Trail Mix	21 <u>Breakfast:</u> Yogurt & Fruit <u>Morning Snack:</u> Waffles <u>Lunch:</u> Turkey and Cheese Tortilla Wrap, Green Beans and Apple Slices <u>Vegetarian:</u> Cheese Quesadilla <u>Afternoon Snack:</u> Cheese Crackers	22 <u>Breakfast:</u> Cereal with Milk & Fruit <u>Morning Snack:</u> Cereal Bars <u>Lunch:</u> Chicken Nuggets, Corn Mashed Potatoes and Peaches <u>Vegetarian:</u> Veggie Nuggets <u>Afternoon Snack:</u> Vanilla Wafers w/pudding	23 <u>Breakfast:</u> Yogurt & Fruit <u>Morning Snack:</u> Oatmeal <u>Lunch:</u> Chicken Alfredo Pasta, Peas and Applesauce <u>Vegetarian:</u> Alfredo Pasta <u>Afternoon Snack:</u> Graham Crackers	24 <u>Breakfast:</u> Cereal with Milk & Fruit <u>Morning Snack:</u> Kitchen's Choice <u>Lunch:</u> Cheese Pizza, Mixed Veggies and Mixed Fruit <u>Vegetarian:</u> Same <u>Afternoon Snack:</u> Animal Crackers
27 <u>Breakfast:</u> Cereal with Milk & Fruit <u>Morning Snack:</u> Pancakes <u>Lunch:</u> Spaghetti and Meatballs, Green Beans and Bananas <u>Vegetarian:</u> Meatless Spaghetti <u>Afternoon Snack:</u> Goldfish Crackers	28 <u>Breakfast:</u> Yogurt & Fruit <u>Morning Snack:</u> Fresh Baked Muffins <u>Lunch:</u> Chicken with Rice, Carrots and Mixed Fruit <u>Vegetarian:</u> Veggie Chicken with Rice <u>Afternoon Snack:</u> Rice Cakes	29 <u>Breakfast:</u> Cereal with Milk & Fruit <u>Morning Snack:</u> Yogurt <u>Lunch:</u> Mac N Cheese, Peas and Apples <u>Vegetarian:</u> Same <u>Afternoon Snack:</u> Popcorn/Chex Mix	30 <u>Breakfast:</u> Yogurt & Fruit <u>Morning Snack:</u> Kitchen's Choice <u>Lunch:</u> Turkey and Cheese Sandwich, Corn and Orange Slices <u>Vegetarian:</u> Cheese Sandwich <u>Afternoon Snack:</u> Pretzel Sticks/Cheerios	31 <u>Breakfast:</u> Cereal with Milk & Fruit <u>Morning Snack:</u> Cheerios with Raisins <u>Lunch:</u> Cheese Pizza, Mixed Veggies and Mixed Fruit <u>Vegetarian:</u> Same <u>Afternoon Snack:</u> Oatmeal Cookie

*Variety of Cereals are served for breakfast

*Milk is served with breakfast and lunch / Water is served with all meals