


# JULY





Happy 4th of July



shutterstock · 136152794

Monday	Tuesday	Wednesday	Thursday	Friday
28) AM: Waffles w/ fruit L: Chicken nuggets, sweet potato, mixed fruit PM: Goldfish V: Veggie nuggets	29) AM: Cereal w/ milk L: Grilled cheese, veggie straws, fruit PM: String Cheese V: veggie patties	30) AM: Bagels w/ cream cheese L: Chicken Alfredo, Broccoli, fruit PM: Cheez its V: Alfredo pasta	1) AM: Toast w/ Jelly L: Quesadillas, beans, fruit PM: Pretzels V: veggies fried rice	2)AM: Apple sauce w/ grahams L: Cheese Lasagna, mixed veggies, peaches PM: Chef's Choice V: Cheese Lasagna
5) CLOSED	6) AM: Pancakes w/ syrup L: Hamburger, fries, fruit PM: Crackers & Hummus V: veggie patties	7) AM: Cereal & Milk L: Spaghetti, mixed veggies, fruit PM: Cheez its V: Quesadillas	8) AM: Yogurt w/ fruit L: Steak fingers, potatoes, fruit PM: Grahams V: veggie nuggets	9) AM: English Muffins w/ jelly L: Fish sticks, veggies, fruit PM: Veggie straws V: veggie nuggets
12) AM: Biscuits w/ jelly L: Turkey sandwich, carrots, pineapple PM: Teddy Grahams V: veggie patties w/ cheese	13) AM: Cereal & Milk L: Chicken nuggets, sweet potato fries, apples PM: Goldfish V: veggie nuggets	14) AM: Pancakes w/ syrup L: Bean & Cheese burritos, mixed fruit PM: Pretzels V: bean & cheese burritos	15) AM: Waffles w/ fruit L: grilled cheese, fries, oranges PM: Crackers w/ Hummus V: grilled cheese	16) AM: Cereal & Milk L: Chicken Alfredo, broccoli , pears PM: Goldfish V: cheese ravioli
19) AM: Cereal bars L: Pizza, peas & carrots, pears PM: Pudding w/ fruit V: cheese pizza	20) AM: Biscuits w/ Jelly L: Steak Fingers, Mashed potatoes, fruit PM: Goldfish V: Veggie patties	21) AM: Muffins L: Chicken Lemon rice, mixed veggies, fruit PM: Pretzels V: veggie patties	22) AM: Cereal & milk L: Chicken fried rice, mixed veggies, oranges PM: Nut Free Trail V: fried rice & veggies	23) AM: Cinnamon toast L: Turkey Wraps, Vegetables, fruit PM: Chef's choice V: Cheese sandwich
26) AM: Waffles L: Chicken nuggets, sweet potato, mixed fruit PM: Goldfish V: Veggie nuggets	27) AM: Cereal & milk L: Cheese Lasagna, mixed veggies, peaches PM: Veggie straws V: Cheese lasagna	28) AM: Cereal Bars L: Chicken Alfredo, Broccoli, Mixed fruit PM: Cheez its V: Alfredo Pasta	29) AM: Apple sauce & grahams L: Chicken Sandwich, French Fries, fruit PM: Teddy Grahams V: veggie patty	30) AM: Bagels w/ cream cheese L: Quesadillas, Black Beans, fruit PM: Wheat thins V: Cheese quesadillas

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