

MEAL MENU

June 30 – July 3

Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Muffins Raisins Milk	Life cereal Craisins Milk	French Toast Peaches Milk	Lucky charm cereal Raisins Milk	
Lunch	Cheese and bean burritos Apple Milk or Water	Fish Sticks French fries Orange Milk or Water	Mac & Cheese Mango Broccoli Milk or Water	Turkey hot dog Bun Watermelon Baby carrots Milk or Water	SCHOOL CLOSED
Snack	Graham Crackers Dried Mango Water	Chex Mix Carrots Water	Gold fish Cheese Sticks Water	Pretzels Yogurt Water	

JULY 7 - 11

Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Bagels Cream cheese/butter Raisins Milk	Apple jacks Craisins Milk	French toast Peaches Milk	Raisin Bran Apples Milk	Pancakes Mandarin oranges Milk
Lunch	Turkey sandwich Pears Cucumber slices Milk or Water	Cheese & Bean burrito Apple Milk or Water	Bow tie pasta Marinara sauce Fruit cocktail Green salad Milk or Water	Chicken patty Bun Oranges Broccoli with ranch Milk or water	Ham sandwich Bananas Cucumber slices Milk or Water
Snack	Ritz crackers Cheese slices Water	Veggie straws Dried Mango Water	Animal crackers Yogurt Water	Chex mix Craisins Water	Goldfish Raisins Water

Milk served to children is 1% lowfat milk or fat free.

Mixed vegetable contains: Peas, Carrots, Corn, Green beans

Fruit cocktail contains: Peach Pineapple, Pear, Grape

Mixed Fruit contains: Pineapple, Strawberries, Peach, Mango

Blend fruit contains: Pineapple, Honeydew, Strawberries, Mango

MEAL MENU

July 14 - 18

Week 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Muffin Apples Milk	Life cereal Raisins Milk	French Toast Pears Milk	Lucky charm cereal Craisins Milk	Pancakes Pineapple Milk
Lunch	Turkey hot dog Bun Watermelon Cucumber Milk or Water	English Muffin Cheese melt Apples Baby carrots Milk or Water	Shell pasta Alfredo sauce Fruit cocktail Green salad Milk or water	Fish sticks French fries Tomato slices Milk or Water	Cheese Quesadilla Bananas Bell peppers Milk or Water
Snack	Ritz Crackers Cheese Stick Water	Pop tarts Craisins Water	Saltine crackers Cheese slices Water	Rice Krispies Mangos Water	Pretzel Yogurt Water

July 21 - 25

Week 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Bagel/ butter or Cream cheese Raisins Milk	Raisin bran cereal Craisins Milk	French Toast Pears Milk	Frosted Flakes Raisins Milk	Pancakes Peaches Milk
Lunch	Turkey sandwich Oranges Cucumber Milk or Water	Chicken nuggets Tater tots Banana Baby carrots Milk or Water	Pita bread Pizza Mozzarella Cheese Apples Bell pepper slices Milk or Water	Sun butter sandwich Oranges Tomato slices Milk or water	Turkey hot dog Watermelon Baby Carrots Milk or Water
Snack	Graham crackers Cheese sticks Water	Club Crackers Carrots Water	Animal Crackers Mangos Water	Ritz crackers Cheese Slices Water	Pop tarts Craisins Water

Milk served to children is 1% lowfat milk or fat free.

Mixed vegetable contains: Peas, Carrots, Corn, Green beans

Fruit cocktail contains: Peach Pineapple, Pear, Grape

Mixed Fruit contains: Pineapple, Strawberries, Peach, Mango

Blend fruit contains: Pineapple, Honeydew, Strawberries, Mango