

MEAL MENU

July 1 -3

Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Waffles Apples Milk	Blueberry Muffins Pears Milk	French Toast Peaches Milk		
Lunch	Chicken Salad Sandwich Mixed Fruit Green Beans Milk or Water	Fish Sticks French fries Mangos Carrots Milk or Water	Mac and Cheese Peas Apple sauce Milk or Water	Closed for Independence Day	Closed for Independence Day
Snack	Veggie Straws Mango	Tortilla Chips Salsa	Ritz Crackers Cheese Sticks		

July 8 -12

Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Waffles Mangos Milk	Blueberry Muffins Pears Milk	French Toast Peach Milk	Frosted Flakes Raisins Milk	Pancake Apples Milk
Lunch	Tuna casserole Strawberries Peas Milk or Water	Cheese and bean Burrito Mixed fruit Milk or Water	Penne pasta Marinara sauce Cheese Pineapple Green beans Milk or Water	Beef meatballs Mashed potato Fruit cocktail Corn Milk or water	Turkey sandwich Mangos Celery Milk or Water
Snack	Graham crackers Cheese sticks	Chex Mix Mango	Animal crackers Yogurt	Carrots w/ Ranch Veggie Straws	Saltine crackers Cheese sticks

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 15 -19

Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Waffles Mangos Milk	Blueberry Muffins Apples Milk	French Toast Pears Milk	Cheerios cereal Raisins Milk	Pancake Strawberries Milk
Lunch	Chicken teriyaki Rice Pineapple Green beans Milk or Water	English Muffin Cheese Melt Apple sauce Black Beans Milk or Water	Shell Pasta w/ Alfredo Sauce and Turkey Hot dog Mixed Fruit Sliced Carrots Milk or Water	Chicken Patty on a bun Apples Celery Milk or Water	Cheese Quesadilla w refried beans Peaches Broccoli Milk or Water
Snack	Ritz Crackers Cheese Stick	Tortilla Chips Salsa	Saltine Crackers Yogurt	Veggie Straws Mangos	Celery ranch

July 22 -26

Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Waffles Mangos Milk	Blueberry Muffins Apples Milk	French Toast Pears Milk	Frosted Flakes Raisins Milk	Pancake Pineapple Milk
Lunch	Spanish Rice Cheese Fruit Cocktail Black beans Milk or Water	Chicken nuggets Tater tots Strawberries Broccoli Milk or Water	Pita bread Pizza Mozzarella Cheese Mangos Celery Milk or Water	Beef Ravioli Rolls Mandarin Oranges Garbanzo Beans Milk or water	Ham Sandwich Mixed Fruit Baby Carrots Milk or Water
Snack	Graham crackers Cheese sticks	Carrots w/ Ranch Pretzels	Animal Crackers Raisins	Goldfish Cheese Sticks	Cinnamon Raisin Bread Yogurt

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