



# Weekly Menu

July 21 - July 25, 2025



Water is served with all snacks & meals	Breakfast	Morning snack	Lunch	Afternoon snack
Monday	Cereal w/Milk Fresh Berries Non-Fat Milk - Over 2 Whole Milk - Under 2	Cucumber Slices Cheese Slices Goldfish Crackers	Pepperoni or Cheese Pizza Mixed Steamed Veggies Fresh Fruit Non-Fat Milk - Over 2 Whole Milk - Under 2	Apple Slices Peanut Butter
Tuesday	Hard Boiled Eggs Fresh Fruit Whole Wheat Toast Non-Fat Milk - Over 2 Whole Milk - Under 2	Carrots Cheddar Cheese Whole Wheat Ritz Crackers	Ham or Turkey English Muffin Sammie Mixed Steamed Veggies Fresh Fruit Non-Fat Milk - Over 2 Whole Milk - Under 2	Banana Oat Granola Bar
Wednesday	French Toast Pork Sausage Fresh Fruit Non-Fat Milk - Over 2 Whole Milk - Under 2	Apple & Cheddar Cheese Slices Whole Wheat Crackers	Dino Chicken Nuggets Mixed Steamed Veggies Fresh Fruit Whole Wheat Crackers Non-Fat Milk - Over 2 Whole Milk - Under 2	Mini Ritz Peanut Butter Crackers Cucumber Slices
Thursday	Ham & Cheese Breakfast Burrito Fresh Fruit Non-Fat Milk - Over 2 Whole Milk - Under 2	Granola Oat Bar Banana Slices	Beef Quesadillas Mixed Steamed Veggies Fresh Fruit Non-Fat Milk - Over 2 Whole Milk - Under 2	Baby Carrots Cheese Cubes Whole Wheat Crackers
Friday	Spinach & Cheese Omelet Fresh Fruit Whole Wheat Toast Non-Fat Milk - Over 2 Whole Milk - Under 2	Salami or Turkey Slices Apples Whole Wheat Crackers	Peanut Butter Waffle Sandwich Mixed Steamed Veggies Fresh Fruit Non-Fat Milk - Over 2 Whole Milk - Under 2	Refried Beans Cheddar Cheese Tortilla Chips