



# Little Learners Menu



July 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
ABV	1	2	3	4	5
BF	Whole Grain Cereal & Apples	Whole Wheat Toast & Oranges	Whole Wheat French Toast & Bananas		
AMS	Graham Crackers	Bagels and Cream Cheese	Fresh Vegetables with Ranch Dip		
Lnch	Pulled Pork, Mixed Vegetables, Peaches, Hot dog bun	Chicken & Gravy, Mashed Potatoes, Oranges, Stuffing	Meat Loaf, Mashed Potatoes, Grapes, Whole Wheat Bread	Closed	Closed
PMS	Chicken Noodle Soup with Carrots	Baked Apples with Oatmeal	Chicken Salad with Club Crackers		
	8	9	10	11	12
BF	Whole Grain Cereal & Apples	Pancakes & Oranges	Whole Wheat Toast & Bananas	Oatmeal & Grapes	Muffins & Oranges
AMS	Oranges	Apple Sauce	Fresh Vegetables with Ranch Dip	Bananas	Fruit Salad
Lnch	Chicken Tenders, Corn, Pears, Wheat Bread	Baked Whole Wheat Mostaccioli & Meat Sauce, Broccoli, Apples	Pork Roast, Roasted Potato, Grapes, Whole Wheat Bread	Baked Chicken, Carrots, Melon, Cheesy Brown Rice	Sloppy Joes, Carrot Sticks, Apples
PMS	Fish Crackers and Juice	Vegetable Soup with Oyster Crackers	Bagels & Cream Cheese	Egg Salad with Whole Grain Club Crackers	Pumpkin Bread and Juice
	15	16	17	18	19
BF	Whole Grain Cereal & Apples	Whole Wheat Toast & Oranges	Waffles & Bananas	Whole Wheat English Muffin & Grapes	Pancakes & Oranges
AMS	Oranges	Apples	Fresh Vegetables with Ranch Dip	Bananas	Fruit Salad
Lnch	Fish Sticks, Green Beans, Peaches, Whole Wheat Bread	Cheese Ravioli with Tomato Sauce, Broccoli and Cauliflower, Apple Sauce	Barbeque Chicken, Mashed Potatoes, Grapes, Wheat Bread	Teriyaki Pork, Mixed Vegetables, Melon, Fried Brown Rice	Turkey & Cheese Sandwich, Carrot sticks, Apples
PMS	Tomato Soup with Oyster Crackers	Turkey and Cheese Cubes	Vegetable, Cheese Pasta Salad	Cornbread & Juice	Saltines & Juice
	22	23	24	25	26
BF	Whole Grain Cereal & Apples	Cinnamon Bread & Oranges	Whole Wheat Toast & Bananas	Whole Wheat French Toast & Grapes	Whole Wheat English Muffin & Oranges
AMS	Graham Crackers	Cereal Mix	Fresh Vegetables with Ranch Dip	Bananas	Fruit Salad
Lnch	Hash brown, Egg & Cheese Bake, Oranges, Whole Wheat Toast	Chicken Tetrzzini , Peas, Apple,	Cheese Burgers, Carrot Sticks, Grapes	Whole Wheat Spaghetti with Meat Sauce, California Melody, Melon	Chicken Legs, Green Beans, Pears, Whole Wheat Bread
PMS	Chicken Noodle Soup with Carrots	Banana Bread & Juice	Chicken Salad & Crackers	Refried Bean Dip & Tortilla	Saltines & Juice
	29	30	31		
BF	Whole Grain Cereal & Apples	Muffins & Oranges	Whole Wheat Bagel & Bananas		
AMS	Oranges	Apple Sauce	Mandarin Oranges		
Lnch	Meatballs, Corn, Peaches, Whole Wheat Bread	Chicken Alfrado with Whole Wheat Pasta, Broccoli, Oranges	Sliced Turkey, Sweet Potato, Pineapple, Whole Wheat Bread		
PMS	Cereal Mix & Juice	Vegetable Soup and Oyster Crackers	Baked Apples with Oatmeal		

Abbreviations: BF - Breakfast, AMS - AM Snack, Lnch - Lunch, PMS - PM Snack  
Milk is served with Breakfast, AM Snack, and Lunch