

**July Weekly Menu**

Week of \_July/\_\_\_\_\_/21\_\_ TO \_July/\_\_\_\_\_/21\_\_

<b>Mondays</b>	<b>Tuesdays</b>	<b>Wednesdays</b>	<b>Thursdays</b>	<b>Fridays</b>
Breakfast: Cereal/Cheerios (WG) -Oranges- milk	Breakfast: Bread (WG)-Grapes- Milk	Breakfast: Crackers (WG) -Pears- milk	Breakfast: Cereal/Cheerios(WG) -Apples-milk	Breakfast:Crackers (WG) Bananas-Milk
AM Snack: (WG)Crackers- Oranges	AM Snack: Grapes-Cereal/Cheerios (WG)	AM Snack: Pears -Bread (WG)	AM Snack: -Crackers(WG)-Apples	AM Snack: Crackers(WG)-Bananas
Lunch: PB&J Sandwich (WG)bread /Sunflower butter & Strawberry jelly) -Chilli Beans w/ meat - Bananas - Carrots-Milk	Lunch: Quesadilla (WG)Tortilla-Monterrey Jack cheese- Refried Black Beans- Cucumber -Watermelon - Milk	L:(WG)Pasta w/ Salsa Alfredo-Monterrey Jack cheese -Watermelon -Tomatoes- Milk	Lunch:(WG)Pesto Pasta Salad -Garbanzo Beans- Banana - Cherry tomatoes - Milk	Lunch:(WG)Spaghetti w/ Salsa Marinara-Monterrey Jack cheese Corn-Cucumber -Milk
PM: Apples-Crackers(WG)	PM:-Tortillas Chips- Pears	PM:Pretzels -Prunes	PM:Blueberries-Cereal	PM:Apples-Pretzels -

**Infant menu**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Breakfast: Breast milk/formula Am Snack: Breast milk/formula or	Breakfast: Breast milk/formula Am Snack: Breast milk/formula or	Breakfast: Breast milk/formula Am Snack: Breast milk/formula or	Breakfast: Breast milk/formula Am Snack: Breast milk/formula or	Breakfast: Breast milk/formula Am Snack: Breast milk/formula or
Oatmeal-Applesauce-Bananas	Oatmeal-Applesauce-Bananas	Oatmeal-Applesauce-Bananas	Oatmeal-Applesauce-Bananas	Oatmeal-Applesauce-Bananas
Lunch: Breast milk/formula or Peas-Squash-Rice and a pouch of Apples-blueberry-spinach	Lunch: Breast milk/formula or Peas-Squash-Rice and a pouch of Apples-blueberry-spinach	Lunch: Breast milk/formula or Peas-Squash-Rice and a pouch of Apples-blueberry-spinach	Lunch: Breast milk/formula or Peas-Squash-Rice and a pouch of Apples-blueberry-spinach	Lunch: Breast milk/formula or Peas-Squash-Rice and a pouch of Apples-blueberry-spinach
PM snack: Breast milk/formula or Infant cereal -banana-pouch of pears/peach/strawberry	PM snack: Breast milk/formula or Infant cereal-banana-pouch of pears/peach/strawberry	PM snack: Breast milk/formula or Infant cereal banana-pouch of pears/peach/strawberry	PM snack: Breast milk/formula or Infant cereal banana-pouch of pears/peach/strawberry	PM snack: Breast milk/formula or Infant cereal banana-pouch of pears/peach/strawberry

**Note For Parents:** Please read the entire menu and contact the school in case you prefer your child not to try any of the components of our menu. In some cases parents will need to provide a substitute component.