

July Weekly Menu 2022

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
<p>Breakfast: Cereal/Cheerios (WG) -Apples- milk</p> <p>AM Snack: Crackers- Apples</p> <p>Lunch:(WG)Pesto Pasta Salad -Garbanzo Beans- Cantaloupe -Green PEAS - Milk</p> <p>PM: Raisins -Pretzel</p>	<p>Breakfast: Bread (WG) oranges- Milk</p> <p>AM Snack: Oranges -Cereal/Cheerios (WG)</p> <p>Lunch: Quesadilla /Flour Tortilla-Monterrey Jack cheese- Refried Black Beans- Cucumber-Honeydew melon - Milk</p> <p>PM: Tortillas Chips- Pears</p>	<p>Breakfast: Crackers -Pears- milk</p> <p>AM Snack: Pears -Cereal (WG)</p> <p>L: Bagels -Mozzarella cheese -Squash -Bananas - Milk</p> <p>PM:Pretzels -Prunes</p>	<p>Breakfast: Cereal/Cheerios(WG) -Banana -milk</p> <p>AM Snack: -Crackers-Bananas</p> <p>** Lunch: Bread-Ham/cheese sandwich Corn-Cucumber -Milk</p> <p>PM: Cereal- Pears</p>	<p>Breakfast: tortilla Chips -Oranges -Milk</p> <p>AM Snack: Crackers-Oranges</p> <p>Lunch: -PB&J Sandwich (WG)Bread-Sunflower butter+Jelly- Low fat Vanilla bean Yogurt-Carrots - Corn- Milk</p> <p>PM: Apples-Pretzels</p>

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 including Infants.

In some cases parents will need to provide a substitute component.

** = With vegan option

We are a NW Nutrition participant and we follow their guidelines.