



July 2016 Menu



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM Snack					1 Cereal and Milk
Lunch					Spaghetti and Meatballs, Salad with Italian Dressing, Mandarin Oranges and Milk
PM Snack					Spikers Crackers and Milk
AM Snack	4	5	6	7	8
Lunch	CLOSED!	English Muffins with Apple Butter	Yogurt	Cereal and Milk	Chef's Choice
PM Snack		Meatloaf, Diced Potatoes, Green Beans and Milk	Raviolotti in Tomato Sauce, Salad with Ranch Dressing, Applesauce and Milk	Whole Grain Turkey and Cheese Wrap, Apple Slices, Carrot Sticks with Ranch and Milk	
AM Snack	11	12	13	14	15
Lunch	Oatmeal Bars	Cereal and Milk	Cereal and Milk	Bagel and Cream Cheese	Waffles
PM Snack	Turkey Tacos, Salad with Ranch Dressing, Pears and Milk	Pizza, Carrot Sticks with Ranch, Applesauce and Milk	Grilled Chicken Patty, Mashed Potatoes, Corn and Milk	Ham Sandwich on Whole Grain Bread, Oranges, String Cheese and Milk	Hamburger on Whole Grain Bun, Fresh Fruit, Green Beans and Milk
AM Snack	18	19	20	21	22
Lunch	Carrot Sticks with Ranch and Milk	Whole Grain Goldfish Crackers	Graham Crackers with Sunbutter	Mini Rice Cakes and Raisins	Trail Mix
PM Snack	Cereal and Milk	French Toast	Oatmeal Bars	Cereal and Milk	
AM Snack	25	26	27	28	29
Lunch	Whole Grain Cicken Nuggets, Broccoli, Peaches and Milk	Pierogies, Peas, Tropical Fruit and Milk	Diced Turkey, Rice Pilaf, Mixed Veggies and Milk	Sunflower Butter and Jelly on Whole Grain Bread, Apples, Yogurt and Milk	Chef's Choice
PM Snack	Pita and Hummus	Fresh Fruit and Pretzels	String Cheese	Pita and Hummus	
AM Snack	25	26	27	28	29
Lunch	Oatmeal Bars	Fresh Fruit	Yogurt	Cereal and Milk	Toast with Sunbutter
PM Snack	Turkey Dogs on Whole Grain Roll, Carrots, Applesauce and Milk	Cheese Quesadilla on Whole Grain Tortilla, Green Beans, Pears and Milk	Bow Tie Pasta with Parmesan Cheese, Broccoli, Peaches and Milk	Ham and Cheese Hoagie, Fresh Fruit, Pretzels and Milk	Fish Sticks, Peas , Pineapple and Milk
AM Snack	Yogurt and Raisins	Trail Mix	Waffle Grahams	Carrot Sticks with Ranch Dressing and Wheat Thins	Wheat Crackers and Cheese