



July, 2018



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM Snack	2 Cheesy Grits, Fresh Pineapple Chunks, Milk	3 Whole Grain Cereal, Fresh Apple Slices, Milk	4 CBA CLOSED	5 Whole Wheat Pancakes with Sugar Free Syrup, Fresh Orange Slices, Milk	6 Whole Wheat Toast with Sugar Free Jelly, Fresh Banana, Milk
Lunch	Turkey and Cheese Rollup on Whole Wheat Tortilla, Vegetable Soup, Fresh Orange Slices, Milk	Whole Grain Cheese Pizza, Carrot Sticks with Fat Free Ranch Dressing, Diced Pears, Milk	CBA CLOSED	Cheeseburger Sliders, Baked Tater Tots, Unsweetened Applesauce, Milk	Baked Macaroni and Cheese, Steamed Mixed Vegetables, Diced Peaches, Milk
PM Snack	Ritz Crackers, 100% Fruit Juice	Assorted Snacks, 100 % Fruit Juice	CBA CLOSED	Assorted Guppies Crackers, Fresh Banana, Chilled Water	String Cheese, Saltine Crackers, Chilled Water
AM Snack	9 Oatmeal with Cinnamon and Raisins, Milk	10 Whole Grain Cereal, Fresh Orange Slices, Milk	11 Buttermilk Biscuits with Turkey Sausage, Fresh Strawberries, Milk	12 Fresh Baked Whole Grain Blueberry Muffin, Fresh Banana, Milk	13 Whole Wheat Pancakes, with Sugar Free Syrup, Fresh Orange Slices, Milk
Lunch	Chicken and Broccoli Alfredo, Fresh Orange Slices, Milk	Baked Fish Sticks, Baked Tater Tots, Diced Peaches, Milk	Spanish Rice with Chicken, Steamed Corn, Fresh Apple Slices, Milk	Whole Wheat Cheese Quesadillas, Fresh Carrot Sticks with Fat Free Ranch Dressing, Pineapple Tidbits, Milk	Chicken Salad Sandwich on Warm Croissant, Salad With Fat Free Ranch Dressing, Diced Pears, Milk
PM Snack	Cheez-its Crackers, 100% Fruit Juice	Nutrigrain Bars with Fruit, 100% Fruit Juice	String Cheese, Saltine Crackers, 100% Fruit Juice	Ritz Crackers, Fresh Banana, Chilled Water	Whole Grain Gold Fish Crackers, Fresh Bananas, Chilled Water
AM Snack	16 Nutrigrain Fruit Bars, Milk	17 Whole Grain Cereal, Fresh Banana, Milk	18 Whole Wheat Breakfast Pizza with Turkey Sausage, Fresh Orange Slices, Milk	19 Whole Wheat Bagels with Cream Cheese, Fresh Apple Slices Milk	20 Whole Wheat Cinnamon Toast, Fresh Orange Slices, Milk
Lunch	Whole Wheat Cheese Pizza, Steamed Corn, Diced Peaches, Milk	Whole Grain Tortellini Tomato Bisque, Fruit Cocktail, Milk	Pinto Beans and Rice, Steamed Peas and Carrots, Pineapple Tidbits, Milk	Turkey and Cheese Rollup, Diced Carrots, Fresh Bananas, Milk	Chicken and Broccoli Alfredo, Unsweetened Applesauce, Milk
PM Snack	Honey Graham, 100% Fruit Juice	String Cheese, Fresh Apple Slices, Chilled Water	Whole Grain Cinnamon Gold Fish Crackers, 100% Fruit Juice	Carrot Sticks with Fat Free Ranch Dressing, Saltine Crackers, Chilled Water	Roasted Red Pepper Hummus on Whole Wheat Pita Bread, Chilled Water
AM Snack	23 Nutrigrain Fruit Bars, Milk	24 Whole Grain Cereal, Fresh Orange Slices, Milk	25 Breakfast Burrito on Whole Wheat tortilla, Fresh Apple Slices, Milk	26 Fresh Baked Blueberry Muffin, Fresh Banana, Milk	27 Nutrigrain Breakfast bars, Milk
Lunch	Baked Fish Sticks, Baked Tater Tots, Mandarin Orange, Milk	Meatloaf in Brown Gravy, Mashed Potatoes, Whole Wheat Roll, Diced Peaches, Milk	Chicken and Dumpling, Steamed Broccoli, Diced Pears, Milk	Baked Macaroni and Cheese, Steamed Green Beans, Fruit Cocktail, Milk	Whole Wheat Pepperoni Pizza, Salad with Fat Free Ranch Dressing, Fresh Bananas, Milk
PM Snack	Baked Cinnamon Apple Croissants, 100% Fruit Juice	Whole Grain Cheez-its Crackers, 100% Fruit Juice	Mini Pretzels, Fresh Orange Slices, Chilled Water	Whole Grain Gold Fish Crackers, 100% Fruit Juice	Saltine Crackers, String Cheese, Chilled Water
AM Snack	30 Low Fat Yogurt with Granola, Milk	31 Fresh Baked Banana Muffins, Fresh Apple Slices, Milk			
Lunch	Baked Chicken Nuggets, Baked Potato Wedges, Pineapple Tidbits, Milk	Bar-B-Que Chicken Sandwich on Whole Wheat Buns, Cole Slaw, Diced Peaches, Milk			
PM Snack	Roasted Red Pepper Hummus on Whole Wheat Pita Bread	Chex Mix, 100% Fruit Juice			