


July 2017 Menu



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	3	4	5	6	7
AM Snack	English Muffins with Apple Butter		Yogurt	Cereal and Milk	
Lunch	Meatloaf, Diced Potatoes, Green Beans and Milk	CLOSED! 	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	Chef's Choice
PM Snack	Crackers with Sunflower Butter	Happy Fourth of July!	Whole Grain Pretzel Fish	Yogurt	
	10	11	12	13	14
AM Snack	Oatmeal Bars	Cereal and Milk	Cereal and Milk	Bagel and Cream Cheese	Waffles
Lunch	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
PM Snack	Carrot Sticks with Ranch and Milk	Whole Grain Goldfish Crackers	Graham Crackers with Sunbutter	Mini Rice Cakes and Raisins	Trail Mix
	17	18	19	20	21
AM Snack	Cereal and Milk	French Toast	Oatmeal Bars	Cereal and Milk	
Lunch	Whole Grain Chicken 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	
	24	25	26	27	28
AM Snack	Oatmeal Bars	Fresh Fruit	Yogurt	Cereal and Milk	Toast with Sunbutter
Lunch	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
PM Snack	Yogurt and Raisins	Trail Mix	Waffle Grahams	Carrot Sticks with Ranch Dressing and Wheat Thins	Wheat Crackers and Cheese