


July 2018 Menu



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM Snack	2 English Muffins with Apple Butter	3 Yogurt	4 Closed	5 Cereal and Milk	6 Chef's Choice
Lunch	Meatloaf, Diced Potatoes, Green Beans and Milk	Ravioletti in Tomato Sauce, Salad with Ranch Dressing, Applesauce and Milk		Whole Grain Turkey and Cheese Wrap, Apple Slices, Carrot Sticks with Ranch and Milk	
PM Snack	Crackers with Sunflower Butter	Whole Grain Pretzel Fish		Yogurt	
AM Snack	9 Oatmeal Bars	10 Cereal and Milk	11 Cereal and Milk	12 Bagel and Cream Cheese	13 Waffles
Lunch	Turkey Tacos, Corn, Pears and Milk	Pizza, Carrot Sticks with Ranch, Applesauce and Milk	Grilled Chicken Patty, 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
AM Snack	16 Cereal and Milk	17 French Toast	18 Oatmeal Bars	19 Cereal and Milk	20 Chef's Choice
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	
PM Snack	Pita and Hummus	Fresh Fruit and Pretzels	String Cheese	Pita and Hummus	
AM Snack	23 Oatmeal Bars	24 Fresh Fruit	25 Yogurt	26 Cereal and Milk	27 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