


July 2019 Menu



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM Snack	1 Muffins	2 Yogurt	3 Cereal and Milk	4 Cereal and Milk	5 Cereal and Milk
Lunch	Meatloaf, Potatoes, Green Beans and Milk	Ravioletti in Tomato Sauce, Salad with Italian Dressing, Applesauce and Milk	Turkey and Cheese Wrap, Apple Slices, Baby Carrots and Milk	CLOSED 	Chef's Choice
PM Snack	Crackers with Sunbutter	Pretzel Fish	Yogurt		
AM Snack	8 Oatmeal Bars	9 Cereal and Milk	10 Cereal and Milk	11 Bagels and Cream Cheese	12 Waffles
Lunch	Turkey Tacos, Corn, Pears and Milk	Pizza, Carrots, 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, Sweet Potato Fries, Fresh Fruit and Milk
PM Snack	Baby Carrots with Ranch	Goldfish Crackers	Graham Crackers	Mini Rice Cakes and Raisins	Trail Mix
AM Snack	15 Cereal and Milk	16 French Toast	17 Oatmeal Bars	18 Cereal and Milk	19 Cereal and Milk
Lunch	Chicken Nuggets, Broccoli, Peaches and Milk	Pierogies, Peas, Tropical Mixed Fruit and Milk	Diced Turkey, Rice Pilaf Mixed Veggies and Milk	Sunbutter and Jelly on Whole Grain Bread, Apples, Yogurt and Milk	Chef's Choice
PM Snack	Pita and Hummus	Pretzel Fish	String Cheese	Oatmeal Cookie	
AM Snack	22 Cereal and Milk	23 Fresh Fruit	24 Yogurt	25 Cereal and Milk	26 Oatmeal Bars
Lunch	Mac and Cheese, Carrots, Peaches and Milk	Cheese Quesadilla, Green Beans, Pears and Milk	Bow Tie Pasta with Parmesan Cheese, Broccoli, Pineapple and Milk	Ham and Cheese Hoagie, Fresh Fruit, Pretzels and Milk	Fish Sticks, Peas, Fruit Cocktail and Milk
PM Snack	Cheeze it crackers	Yogurt	Waffle Grahams	Wheat Thins and Cheese Stick	Animal Crackers
AM Snack	29 Bagels and Cream Cheese	30 Cereal and Milk	31 Muffins	1 Yogurt	2 Cereal and Milk
Lunch	Chicken Parmesan, Green Beans, Applesauce and Milk	Grilled Cheese, Broccoli, Pears and Milk	Sweet and Sour Chicken, White Rice, Mandarin Oranges	Spaghetti with Meat Sauce, Peas, Peaches and Milk	Chef's Choice
PM Snack	Pudding	Mini Rice Cakes and Raisins	Goldfish Crackers	Fresh Fruit	