



# July 2020 Menu



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2	3
AM Snack			Biscuits and Jelly	Pancakes and Milk	No School
Lunch			Pasta with Marinara Sauce and Beef Crumbles, Green Beans, Peaches (v: Pasta with Marinara Sauce)	Hamburgers, Sweet Potato Tots, Pineapple (v: Soy Chicken Nuggets)	No School
PM Snack			Graham Crackers and Sun Butter	Soft Pretzel Bites with Cheese (I/T: Ritz Crackers and Applesauce)	No School
	6	7	8	9	10
AM Snack	Bagels with Cream Cheese	Cereal and Milk	Toast with Jam and Bananas	Sausage and Cheese Biscuit	Cottage Cheese and Fruit
Lunch	Turkey & Cheese Wraps, Peas & Carrots, Applesauce (v: Hummus Wrap)	Ham Casserole with Cream of Mushroom Soup and Rice, Green Beans, Peaches	Beef Ravioli, Breadsticks, Salad, Pears (v: Cheese Ravioli)	BBQ Grilled Chicken Sandwich, Mixed Veggies, Mandrain Oranges (v. Soy Chicken Sandwich)	Ham and Cheese on Hawaiian Rolls, Broccoli, Pineapple (v. Sun Butter and Jelly on Hawaiian Roll)
PM Snack	Wheat Thins and String Cheese (I/T: Ritz Crackers)	Tortilla Chips and Salsa (I/T: Graham Crackers and Fruit)	Rice Cakes and Fresh Fruit (I/T: Kix and Fresh Fruit)	Bosco Sticks and Marinara Sauce	Cornbread and Applesauce
	13	14	15	16	17
AM Snack	Hawaiian Rolls and Jelly	Yogurt and Graham Crackers	Oatmeal and Bananas	Nutrigrain Bars and Fruit	Whole Grain French Toast Sticks and Milk
Lunch	Beef Tacos, Mixed Veggies, Mandrain Oranges (v. Soy Chicken Tacos)	Lunchables (Ham, Cheese, Ritz Crackers), Salad, Applesauce (v. Sun Butter and Jelly Crackers Lunchable)	English Muffin Pizzas with Pepperoni, Broccoli, Peaches (v. English Muffin Pizzas with Cheese)	Spanish Rice with Beef Crumbles, Mixed Veggies, Pineapple (v. Vegetarian Rice)	Chicken Nuggets, Peas, Fresh Fruit (v. Soy Chicken Nuggets)
PM Snack	Sun Chips & Salsa (I/T: Ritz Crackers and Cheese)	Breadsticks with Marinara Sauce	Fresh Fruit and String Cheese	Naan Bread and Hummus (I/T: Naan Bread and Fruit)	Goldfish Crackers and Applesauce
	20	21	22	23	24
AM Snack	English Muffin with Jelly	Bagels with Cream Cheese	Cereal and Milk	Rice Cakes and Fruit (I/T: Kix and Fresh Fruit)	Toast with Jam and Bananas
Lunch	Turkey and Cheese Wrap, Broccoli, Pears (v. Sun Butter Wrap)	Mac & Cheese with Ham, Peas, and Mixed Fruit	Salsbury Steak, Mashed Potatoes, Mixed Veggies, Mandrain Oranges (v. Sun Butter and Jelly Sandwich)	Sweet and Sour Meatballs, Brown Rice, Broccoli, Pineapple (v. Meatball Substitute)	Chicken Parmesaen, Green Beans, Peaches (v. Soy Chicken Nuggets)
PM Snack	Soft Pretzel Bites with Cheese Sauce (I/T: Graham Crackers and Fruit)	Ritz Crackers, Pepperoni, and Cheese Stackables	Soft Pita Chips and Hummus (v. Soft Pitas and Cheese)	Fresh Fruit and Graham Crackers	Whole Grain Tortilla Chips and Nacho Cheese (I/T: Goldfish Crackers and Fruit)
	27	28	29	30	31
AM Snack	Nutrigrain Bars and Fruit	Whole Grain French Toast Sticks and Milk	Oatmeal and Bananas	Cereal and Milk	Yogurt and Fruit
Lunch	Chicken Quesadilla, Mixed Veggies, Pineapple (v. Soy Chicken Stir Fry)	Pancakes, Turkey Sausage, Hashbrown, Banana	Pasta with Marinara Sauce and Beef Crumbles, Salad, Peaches (v. Pasta with Marinara Sauce)	Ham and Cheese on Hawaiian Roll, Peas, Fresh Fruit (v. Soy Chicken Nuggets)	Chicken Stir Fry with Brown Rice and Sweet & Sour Sauce, Stir Fry Veggies, Mandrain Oranges (v. Soy Chicken Stir Fry)
PM Snack	Bosco Sticks with Marinara	Goldfish Crackers and String Cheese	Naan Bread and Sun Butter	Wheat Thins and Cheese (I/T: Ritz Crackers and Cheese)	Sun Chips and Salsa (Graham Crackers and Fruit)