

July 2021 Menu



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast					
AM Snack				Yogurt & Graham Cracker, Water	Nutri-Grain Bar, Water
Lunch				Chicken Nuggets, Peas, Pears, Cracker, Milk	Turkey & Cheese Sandwich on Wheat Bread, Spinach Salad & Italian Dressing, Banana, Milk
PM Snack				Pita Bread & Hummus, Water	Mixed Snack, Water
Breakfast	5	6	7	8	9
AM Snack		Mixed Snack, Water	Cheese Slice & Cracker, Water	Fig Newtons, Juice	Yogurt & Vanilla Wafer, Water
Lunch		Turkey Sausage, Mixed Veggies, Mandarin Oranges, Cracker, Milk	Mozzarella Breadstick, Fresh Broccoli & Ranch Dip, Banana, Milk	Turkey & Cheese Wrap on wheat Tortilla, Peas & Carrots, Mango, Milk	BBQ Chicken, Romaine Salad, Apple Slices, Roll, Milk
PM Snack		Bagel & Cream Cheese, Water	English Muffin & Jelly, Water	Cottage Cheese & Wheat Thins, Water	Sweet Potato Cracker & Cream Cheese, Water
Breakfast	12	13	14	15	16
AM Snack	Fig Newtons, Juice	Applesauce & Goldfish, Water	String Cheese & Cracker, Water	Wheat Thins & Sunbutter, Water	Goldfish & Applesauce, Water
Lunch	Macaroni & Cheese, Mixed Veggies, Apple Slices, Milk	BBQ Rib Patty, Green Beans, Mango, Roll, Milk	Chicken Nuggets, Romaine Salad, Peaches, Pita Breads, Milk	Cheese Pizza, Mixed Veggies, Pears, Milk	Egg Patty, Fresh Broccoli, Tater Tots, Banana, Milk
PM Snack	Bagel & Cream Cheese, Water	Strawberries & Graham Cracker, water	Yogurt & Vanilla Wafer, Water	Mixed Snack, Water	Pita Bread & Hummus, Water

July 2021 Menu



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	19	20	21	22	23
AM Snack	Nutri-Grain Bar, Juice	Dried Cranberries & Wheat Thins, Water	Naan Bread & Hummus, Water	English Muffin & Jelly, Water	Cottage Cheese & Cracker, Water
Lunch	Veggie Lasagna, Peas & Carrots, Banana, Milk	Cheese Pizza, Mixed Veggies, Peaches, Milk	Hamburger, Edamame, Mixed Berries, Wheat Bun, Milk	Mozzarella Breadstick, Broccoli, Mixed Fruit, Milk	Turkey & Cheese Wrap on Wheat Tortilla, Spinach Salad, Apple Slices, Milk
PM Snack	Yogurt & Wafer, Water	Cinnamon Raisin Bagel & Cream Cheese, Water	Soft Pretzel & Cheese, Water	Mango & Cheerios, Water	Pita Chips & Guacamole, Water
Breakfast	26	27	28	29	30
AM Snack	Nutri-Grain Bar, Juice	Bagel & Cream Cheese, Water	Fig Newtons, Juice	Sweet Potato Cracker & Cream Cheese, Water	Applesauce & Goldfish, Water
Lunch	Chicken Nuggets, Corn, Peaches, Cracker, Milk	BBQ Rib Patty, Green Beans, Mango, Roll, Milk	Macaroni & Cheese, Broccoli, Pineapple, Milk	Sweet & Sour Chicken, Mixed Veggies, Strawberries, Cracker, Milk	Turkey Sausage, Egg Patty, Fresh Broccoli & Ranch Dip, Banana, English Muffin, Milk
PM Snack	Cottage Cheese & Wheat Thins, Water	Cheese Cube & Cracker, Water	Tortilla Chips & Salsa, Water	Apple Slices & Cheerios, Water	Yogurt & Vanilla Wafer, Water