



JULY MENU



GREEN = Wheat, Whole-Grain, & Multi-Grain Items RED = Vegetarian Option PURPLE = 2 Yr Old Substitution

Meatless MONDAY		Taco TUESDAY		Chicken WEDNESDAY		Sammy THURSDAY		Fun FRIDAY
29-Jun		30-Jun		1		2		3
AM Snack	Chef's Choice Day	WG Mini Bagel, Cream Cheese, 1% Milk		WG Cereal Oatmeal Bar, 1% Milk		WG French Toast Sticks, 1% Milk		SCHOOL CLOSED
Lunch	Chef's Choice Day	Turkey/Beef Tacos on WG Tortilla (Veggie Crumbles), Diced Pears, Green Beans, 1% Milk		WG Chicken Nuggets (WG Vegan Chicken Nuggets), Tropical Fruit, Sweet Peas, 1% Milk		Cheeseburger on WG Bun (Vegetarian Griller), Potato Coins, Diced Peaches, 1% Milk		SCHOOL CLOSED
PM Snack	Chef's Choice Day	Strawberry Yogurt, Water		Cucumber Slices, Hummus, Water - Diced Cucumber		Mozzarella String Cheese, Water - WG Graham Cracker		SCHOOL CLOSED
6		7		8		9		10
AM Snack	WG Waffle, 1% Milk	WG Cereal, 1% Milk		Yogurt, 1% Milk,		WG Banana Loaf 1% Milk		WG Cereal, 1% Milk
Lunch	WG Veggie Eggroll, Sweet Peas, Tropical Fruit, 1% Milk	Chicken Taco, Diced Mango, Corn, 1% Milk		WG Chicken Patty (Vegan Nuggets), Diced Carrots, Diced Pears, 1% Milk		Turkey Burger on WG Bun (Vegetarian Griller), Pineapple Tidbits, Green Beans, 1% Milk		Breakfast for Lunch - WG Pancake, Turkey Sausage Patty (Veggie Crumbles), Mandarin Oranges, 1% Milk
PM Snack	WG Vanilla Graham Bears, Water	Fresh Apple Slices, Water, Applesauce		Townhouse Crackers, American or Cheddar Cheese Slice, Water		Cucumber Slices, Tzatziki Dip, Water - Diced Cucumber Slices		Watermelon Smoothie Bowl, Water
13		14		15		16		17
AM Snack	Chef's Choice Day	WG French Toast Sticks, 1% Milk		WG Cereal Oatmeal Bar, 1% Milk		Yogurt, 1% Milk		WG Blueberry Loaf, 1% Milk
Lunch	Chef's Choice Day	WG Pancake "Taco" Turkey Sausage (Vegan Crumbles), Diced Peaches, Sweet Peas, 1% Milk		Roasted Chicken WG Pasta Salad, (Vegan Nuggets), Pineapples, Diced Carrots, 1% Milk		Sloppy Joe Sammy (Vegan Griller), Mixed Veggies, Fruit Cocktail, 1% Milk		MYO Pizza, Diced Carrots, Fruit Mix, 1% Milk
PM Snack	Chef's Choice Day	WG Vanilla Graham Bears, Water		WG Rice Cake, Sunbutter, Water		Mozzarella String Cheese, Water Diced Mandarin Oranges		Frozen Fruit Push Pop, Water
20		21		22		23		24
AM Snack	WG Apple Cinnamon Loaf, 1% Milk	WG Cereal, 1/2 Banana, 1% Milk		WG Oatmeal Cereal Bar, 1% Milk		WG French Toast Sticks, 1% Milk		WG Cereal, 1% Milk
Lunch	Grilled Cheese on WG Bread, String Beans, Diced Peaches	WG Beef/Turkey Tacos (Vegan Crumbles), Broccoli, Applesauce, 1% Milk, Whole Milk		BBQ Chicken on WG Slider (Vegan Nuggets), Peas & Carrots, Tropical Fruit, 1% Milk		Chicken Patty Sammy (Vegan Griller) on WG Bread, Diced Pears, Corn, 1% Milk		Lunchable - WG Flatbread Turk/Cheese Stacker (Cheese), Mixed Veg, Pineapple, 1% Milk
PM Snack	WG Champ Bites, Water	Fresh Apple Slices, Sunbutter, Water - Applesauce		WG Soft Pretzel Rod, Water - WG Vanilla Graham Bear		Townhouse Crackers, American Cheese Slice, Water		Ice Cream Cup
27		28		29		30		31
Breakfast	WG Waffle, Mixed Berries, 1% Milk	WG Cereal, Strawberry Slices, 1% Milk		Diced Mangoes, Yogurt, 1% Milk		Chef's Choice Day		WG Cereal, 1/2 Banana, 1% Milk
Lunch	WG Veggie Eggroll, Sweet Peas, Tropical Fruit, 1% Milk	Chicken Taco, Diced Mango, Corn, 1% Milk		WG Chicken Patty (Vegan Nuggets), Diced Carrots, Diced Pears, 1% Milk		Chef's Choice Day		Breakfast for Lunch - WG French Toast Sticks, Turkey Sausage Patty (Veggie Crumbles), Mandarin Oranges, 1% Milk
PM Snack	WG Vanilla Graham Bears, Mandarin Oranges, Water	Fresh Apple Slices, Sunbutter, Water Applesauce, WG Tasteos		Townhouse Crackers, American or Cheddar Cheese Slice, Water		Chef's Choice Day		Frozen Fruit Push Up Pop, Water

Infant/Toddler Serving Key Size: Milk (4oz), Fruit/Vegetable (2oz), Protein (1oz), Grain (1/2 oz) Preschool Serving Size: Milk (6oz), Fruit/Vegetable (2oz), Protein (2oz), Grain (1/2 oz) Canned fruit are in natural juices.