



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 Peaches, 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 Peas, 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	Stippy 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, 1% Milk	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 Peas, 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	WG Banana Loaf, Blueberries, 1% Milk	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 Peas, 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, Mandarin Oranges, Water	Fresh Apple Slices, Sunbutter, Water - Applesauce, WG Tasteeos	Townhouse Crackers, American or Cheddar Cheese Slice, Water	Cucumber Slices, Tzatziki Dip, Water - Diced Cucumber Slices	Watermelon Smoothie Bowl, WG Graham Crackers, 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 natura