



JULY MENU



GREEN = Wheat, Whole-Grain, & Multi-Grain Items RED = Vegetarian Option PURPLE = Infant/Toddler Alternative

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