



July Menu



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2	3
AM Snack			Apple Cinnamon Loaf	Cereal and Milk	
Lunch			Roasted Chicken, Tater Tot Coins, Fruit	Chef's Choice	NO SCHOOL
PM Snack			Goldfish	String Cheese	
	6	7	8	9	10
AM Snack	Choice	Blueberry Muffin	Yogurt and Blueberries	Oatmeal Bar	Sunrise Bites
Lunch	Turkey, Cheese, Crackers, Veggie, Fruit	Veggie Egg Roll, Veggie, Fruit	Cheese Burger, Veggie, Fruit	Pancakes, Vegan Sausage, Fruit	Vegan Bean Chili, Veggie, Fruit
PM Snack	Bear Grahams	Apple Slices	Veggie Straws	Cucumber and Hummus	Watermelon Smoothie Bowl
	13	14	15	16	17
AM Snack	Oatmeal Cookie	English Muffin and Jelly	Cereal and Milk	Yogurt	Banana Loaf
Lunch	Buttered Noodles, Veggie, Fruit	Chicken Sammy, Veggie, Fruit	Teriyaki Chicken and Rice Bowl, Fruit	Pizza, Veggie, Fruit	Sloppy Joe Sammy, Veggie, Fruit
PM Snack	Choice	Cheez Its	Rice Cakes and Sunbutter	Cheese and Crackers	Frozen Fruit Push Pop
	20	21	22	23	24
AM Snack	Blueberry Muffin	Oatmeal Bar	Cereal and Banana	Choice	Apple Sauce
Lunch	Grilled Cheese, Veggie, Fruit	Turkey Taco Rice Bowl, Veggie, Fruit	BBQ Chicken Slidders, Veggie, Fruit	Sunbutter and Jelly Sammy, Veggie, Fruit	Mac and Cheese, Veggie, Fruit
PM Snack	Sports Bites	Carrots and Ranch	Pita and Hummus	Goldfish	Soft Pretzel
	27	28	29	30	31
AM Snack	Sunrise Bites	Cereal and Strawberry Slices	Yogurt and Blueberries	Pancakes	Graham Crakers
Lunch	Tuerky and Cheese Sammy, Veggie, Fruit	Veggie Egg Roll, Veggie, Fruit	Chef's Choice	Chicken and Mashed Potatos, Veggie, Fruit	Vegan Taco Bowl, Veggie, Fruit
PM Snack	Oranges	String Cheese	Apple sauce	Choice	Ice Cream Cup