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	**WG Cereal, Fresh Fruit, 1% or Whole Milk**	WG Mini Bagel, Cream Cheese, 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	**WG Penne Pasta w/ Alfredo Sauce, Broccoli,Mango, Whole or 1% Milk**	Turkey/Beef Tacos on WG Tortilla (Veggie Crumbles), Applesauce, 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	**Chex Snack Mix, Water**	Graham Crackers, Sunbutter, Water - Banana Snack Puffs	Pita Triangles, Hummus, Water	Vanilla Ice Cream, Mixed Berries, Water -	**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 Muffin, 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 Pears, 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, 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,Fresh Fruit 1% Milk - Whole Milk	Yogurt, Blueberries, 1% Milk, Whole Milk	WG Blueberry Muffin, Diced Pears, 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	Sloppy Joe Sammy (Vegan Griller) , Mixed Veggies, Fruit Cocktail, 1% Milk - Whole Milk	Cheese Pizza, Diced Carrots, Fruit Mix, 1% Milk, Whole Milk
PM Snack	**Chef's Choice Day**	WG Vanilla Graham Bears, Mandarin Oranges, Water	Cinnamon Oat Squares, 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 Muffin, 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 Pears, 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, Ranch, 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 Pears, 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.**