



JULY MENU



GREEN = Wheat, Whole Grains, & Multi-Grain Items

PURPLE = 2 yr old Substitution

RED = Vegetarian Option

Meatless MONDAY
29-Jun

Taco TUESDAY
30-Jun

Chicken WEDNESDAY
1

Sammy THURSDAY
2

Fun FRIDAY
3

Breakfast	Chef's Choice Day	WG Mini Bagel, Cream Cheese, 1% Milk	WG Cereal Oatmeal Bar, Appleauce, 1% Milk	WG French Toast Sticks, 1% Milk	SCHOOL CLOSED
Lunch	Chef's Choice Day	Turkey/Beef Tacos on WG Tortilla (Veggie Crumbles), Diced Peas, Green Beans, 1% Milk	WG Chicken Nuggets (WG Veggie Chicken Nuggets), Tropical Fruit, Sweet Peas, 1% Milk	Cheesburger on WG Bun (Vegetarian Griller), Potato Coins, Diced Peaches, 1% Milk	SCHOOL CLOSED
PM Snack	Chef's Choice Day	Graham Crackers, Strawberry Yogurt, Water	Cucumber Slices, Water	Wheat Thin Crackers, Mozzarella String Cheese, Water	SCHOOL CLOSED

Breakfast	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, Appleauce, Corn, 1% Milk	WG Chicken Patty (Vegan Nuggets), Salad, 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), 1/2 Banana, 1% Milk
PM Snack	WG Vanilla Graham Bears, Mandarin Oranges, Water	Fresh Apple Slices, Sunbutter, Water	Townhouse Crackers, American or Cheddar Cheese Slice, Water	Cucumber Slices & Ranch	Watermelon Smoothie Bowl, Water

Breakfast	Chef's Choice Day	WG French Toast Sticks, 1% Milk	WG Cereal Oatmeal Bar, 1% Milk	Yogurt, Blueberries, 1% Milk	Cereal 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 - Whole Milk	Sloppy Joe Sammy (Vegan Griller), Mixed Veggies, Strawberries, 1% Milk - Whole Milk	MYO Pizza, Salad Fruit Mix, 1% Milk
PM Snack	Chef's Choice Day	Graham Crackers with Cream Cheese, Water	WG Rice Cake, Sunbutter, Water	Fresh Apple Slices, Mozzarella String Cheese, Water - WG Toasted Oats & Diced Mandarin Oranges	Frozen Fruit Push Pop Animal Crackers, Water

Breakfast	WG Apple Cinnamon Loaf, 1% Milk	WG Cereal, 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, Appleauce, 1% Milk, Whole Milk	BQ Chicken on WG Slider (Vegan Nuggets), Peas & Carrots, Blueberries 1% Milk	Chicken Patty Sammy (Vegan Griller) on WG Bread, Diced Peas, Corn, 1% Milk	Lunchable - WG Flatbread Turkey/Cheese Stacker (Cheese), Mixed Veg. Pineapple, 1% Milk
PM Snack	WG Champ Bites, Water	Fresh Apple Slices, Sunbutter, Water	WG Soft Pretzel Rod, Appleauce, Water	Townhouse Crackers, American Cheese Slice, Water	Ice Cream Cup, WG Graham Cracker, Water

Breakfast	Oatmeal Mixed Berries, 1% Milk	WG Cereal, 1% Milk	Sliced Strawberries, Yogurt, 1% Milk	Chef's Choice Day	WG Cereal, 1% Milk
Lunch	WG Veggie Eggroll, Sweet Peas, Appleauce, 1% Milk	Chicken Taco, Diced Peas, Corn, 1% Milk	WG Chicken Patty (Vegan Nuggets), Diced Carrots, Bananas, 1% Milk	Chef's Choice Day	Breakfast for Lunch - WG Pancake, Turkey Sausage Patty (Veggie Crumbles), Mandarin Oranges, 1% Milk
PM Snack	WG Vanilla Graham Bears, Water	Fresh Apple Slices, Sunbutter, Water	Townhouse Crackers, American or Cheddar Cheese Slice, Water	Chef's Choice Day	Frozen Fruit Push Up Pop, WG Graham Crackers, Water

Breakfast	WG Apple Cinnamon Loaf, 1% Milk	WG Cereal, 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, Appleauce, 1% Milk, Whole Milk	BQ Chicken on WG Slider (Vegan Nuggets), Peas & Carrots, Blueberries 1% Milk	Chicken Patty Sammy (Vegan Griller) on WG Bread, Diced Peas, Corn, 1% Milk	Lunchable - WG Flatbread Turkey/Cheese Stacker (Cheese), Mixed Veg. Pineapple, 1% Milk
PM Snack	WG Champ Bites, Water	Fresh Apple Slices, Sunbutter, Water	WG Soft Pretzel Rod, Appleauce, Water	Townhouse Crackers, American Cheese Slice, Water	Ice Cream Cup, WG Graham Cracker, Water

Breakfast	Oatmeal Mixed Berries, 1% Milk	WG Cereal, 1% Milk	Sliced Strawberries, Yogurt, 1% Milk	Chef's Choice Day	WG Cereal, 1% Milk
Lunch	WG Veggie Eggroll, Sweet Peas, Appleauce, 1% Milk	Chicken Taco, Diced Peas, Corn, 1% Milk	WG Chicken Patty (Vegan Nuggets), Diced Carrots, Bananas, 1% Milk	Chef's Choice Day	Breakfast for Lunch - WG Pancake, Turkey Sausage Patty (Veggie Crumbles), Mandarin Oranges, 1% Milk
PM Snack	WG Vanilla Graham Bears, Water	Fresh Apple Slices, Sunbutter, Water	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.