



JULY MENU



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

	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 - Whole Milk	Cereal, Fruit, 1% Milk - Whole Milk	WG French Toast Sticks, Applesauce, 1% Milk - Whole Milk	SCHOOL CLOSED
Lunch	Chef's Choice Day	Turkey/Beef Tacos on WG Tortilla, Diced Pears, Green Beans, 1% Milk - Whole Milk	Cheese Pizza, Tropical Fruit, Sweet Peas, 1% Milk - Whole Milk	Turkey Sliders, Potato Coins, Diced Peaches, 1% Milk - Whole Milk	SCHOOL CLOSED
PM Snack	Chef's Choice Day	Graham Crackers, Strawberry Yogurt, Water - Banana Snack Puffs	Ritz Cheese Crackers, Water	Red, White & Blue Cups, Crackers, Water - WG Toasted Oats & Applesauce	SCHOOL CLOSED
Breakfast	6 WG Waffle, Mixed Berries, 1% Milk - Whole Milk	7 WG Cereal, Strawberry Slices, 1% Milk - Whole Milk	8 Diced Mangoes Yogurt, 1% Milk, Whole Milk	9 Muffins, Blueberries, 1% Milk - Whole Milk	10 WG Cereal, 1/2 Banana, 1% Milk - Whole Milk
Lunch	Macaroni, Sweet Peas, Tropical Fruit, 1% Milk, Whole Milk	Beef Taco, Diced Mango, Corn, 1% Milk, Whole Milk	WG Chicken Patty, Diced Carrots, Diced Pears, 1% Milk, Whole Milk	Beefaroni, Fruits, Corn, 1% Milk, Whole Milk	Picnic Lunch w/ Families
PM Snack	WG Vanilla Graham Bears, Mandarin Oranges, Water	Fresh Apple Slices, Crackers, 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
Breakfast	13 Biscuits with Jelly, Pears 1% - Whole Milk	14 WG French Toast Sticks, Berry Mix, 1% Milk, Whole Milk	15 WG Cereal Oatmeal Bar, 1% Milk - Whole Milk	16 Yogurt, Blueberries, 1% Milk, Whole Milk	17 WG Blueberry Loaf, Diced Pears, 1% Milk, Whole Milk
Lunch	Chicken & Rice Bowl, Corn, Mixed Fruit, 1% - Whole Milk	WG Pancake, Turkey Sausage, Eggs, Diced Peaches, Sweet Peas, 1% Milk - Whole Milk	Roasted Chicken WG Pasta Salad, Pineapples, Diced Carrots, 1% milk - Whole Milk	Sloppy Joe Sammy, Mixed Veggies, Fruit Cocktail, 1% Milk - Whole Milk	Pizza, Diced Carrots, Fruit Mix, 1% Milk, Whole Milk
PM Snack	Fruit Salad, Water	WG Vanilla Graham Bears, Mandarin Oranges, Water	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
Breakfast	20 WG Apple Cinnamon Loaf, Tropical Fruit, 1% Milk, Whole Milk	21 WG Cereal, 1/2 Banana, 1% Milk - Whole Milk	22 WG Oatmeal Cereal Bar, 1/2 Orange, 1% Milk, Whole Milk	23 WG French Toast Sticks, Berries 1% Milk - Whole Milk	24 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, Broccoli, Applesauce, 1% Milk, Whole Milk	BBQ Chicken on WG Slider, Peas & Carrots, Tropical Fruit, 1% Milk, Whole Milk	Chicken Patty Sammy on WG Bread, Diced Pears, Corn, 1% Milk - Whole Milk	Lunchable - WG Turk/Cheese Stack Mixed Veg, Pineapple, 1% Milk - Whole Milk
PM Snack	WG Champ Bites, Mandarin Oranges, Water	Fresh Apple Slices, Water - Strawberry/Apple Puffs, Applesauce	Pringle, Applesauce, Water - Snack Puffs	Townhouse Crackers, American Cheese Slice, Water	Ice Cream Cup, WG Graham Cracker, Diced Peaches
Breakfast	27 WG Waffle, 1% Milk - Whole Milk	28 WG Cereal, Strawberry Slices, 1% Milk - Whole Milk	29 Diced Mangoes Yogurt, 1% Milk, Whole Milk	30 Pancakes, Fruits, 1% - Whole Milk	31 WG Cereal, 1/2 Banana, 1% Milk - Whole Milk
Lunch	Ravoiti, Broccoli Pears, Sliced Bread, 1% Milk, Whole Milk	Taco Salad, Peaches, Carrots, 1% Milk, Whole Milk	Chicken Salad, Bread, Cucumbers, Blueberries Diced Carrots, Diced Pears, 1% Milk, Whole Milk	Baked Beans, Cornbread, Mixed Fruit, 1% - Whole Milk	Turkey & Cheese Sandwich, Corn on Cob, Peaches 1% Milk - Whole Milk
PM Snack	Cheese Puffs, Fruits Water	Vanilla Waffles Pudding, Water	Fig Newton, Water	Nutrigrain Bar, Water	Special Snack, 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.