



July 2017 Menu



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	3	4	5	6	7
AM Snack	Banana & sunbutter roll ups	School Closed	Pancakes and milk	Vanilla yogurt and blueberries	Graham crackers with sunbutter
Lunch	Turkey and cheese sandwiches, mini carrots, apple slices and milk.	Happy 4th of July	Chicken and Vegetable Stir Fry, brown rice, Pineapple, Milk	Spaghetti, peas, pears & milk	Tuna salad, saltine crackers, apples & milk
PM Snack	Ritz crackers and cheese cubes		pretzels and hummus	Cheese crackers & orange slices	Naan with creamcheese
	10	11	12	13	14
AM Snack	Mixed berries smoothies	Cinnamon raisin bagels with cream cheese	Cornbread with honey & milk	English muffins with grape spread & milk	Raspberries and animal crackers
Lunch	Turkey and spinach wraps, orange slices & milk	Garlic and parmesan cheese pasta, mixed veggies, peaches & milk	Pasta Alfredo with chicken, green beans, pineapple & milk	Chicken enchilada casserole, corn, mandarin oranges & milk	Mac & cheese, peas, pears and milk
PM Snack	Banana pudding and vanilla wafers	Graham crackers and orange slices	Carrots with ranch	Edamame & ritz crackers	Watermelon and wheat thins
	17	18	19	20	21
AM Snack	Apple slices with sunbutter	Cranberry orange mini muffins & milk	Baked oatmeal with berries	Fruit cereal bars & milk	Strawberry yogurt with cereal
Lunch	Tuna salad, pineapples, saltine crackers & milk	Vegetable stirfry with chicken and brown rice, peaches & milk	Chicken quesadillas, black beans, apples & milk	Baked cheese raviolis, green beans, oranges & milk	Chicken salad sandwiches, apple slices and milk
PM Snack	Naan with hummus	Pretzels and orange slices	Cinnamon chips & apple sauce	Melon and cheese crackers	Ritz crackers with flavored cream cheese
	24	25	26	27	28
AM Snack	English muffins with fruit spread	Pancakes and milk	Cheerios with milk	Cinnamon bagels with creamcheese	Wheat thins with cream cheese
Lunch	Cheesy rice and blackbean casserole, fruit cocktail and milk	Turkey and cheese sandwiches, mini carrots, orange slices and milk	Spaghetti with meatballs, green beans, pineapple and milk	Pasta Alfredo, carrots, mandarin oranges and milk	Taco pasta salad, peaches and milk
PM Snack	Naan with hummus	Vanilla wafers and apple slices	Graham crackers and sunbutter	Cucumber slices with ranch	Pretzels and hummus
	31				
AM Snack	Fruit cereal bars and milk				
Lunch	Creamy tomato and spinach pasta, peaches and milk				
PM Snack	Turkey & cheese & pretzels kabobs				