



July Menu



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	30	1	2	3	4
AM Snack	French Toast & Milk	Nutri-Grain Bars & Fruit	Yogurt & Granola	Pancakes & Milk	
Lunch	Rotini & Meat Sauce w/ Green Beans	Grilled Cheese w/ Tomato Soup & Veggies	Mac & Cheese w/Green Beans & Biscuits	Chicken Wings w/ Fruit & Tots	School Closure
PM Snack	Graham Crackers & Apple Sauce	Apple Slices & Animal Crackers	Peaches & Sweet P. Crackers	Ritz Crackers w/Pepperoni	
Ext. Snack	Peaches & Sweet P. Crackers	Ritz Crackers and Pepperoni	Apple Slices & Animal Crackers	Graham Crackers & Apple Sauce	
	7	8	9	10	11
AM Snack	Muffins & Milk	Berry Smoothy & Biscuits	Soft Cookies & Milk	Yogurt & Strawberries	Nutrigrain Bars and Milk
Lunch	English Muffin Pizza w/ Fruit & Veggies	French Toast w/ Turkey Sausage & Fruit	Teriyaki Chicken w/Rice & Veggies	Chicken Alfredo Pasta w/ Salad & Garlic Bread	Chicken Nuggets w/ Fruit & Tots
PM Snack	Mandarins & Veggie Crackers	Pita Bread & Hummus	Pirate Booty & Cheese	Nilla Wafers & Banana	Cucumbers w/Ranch & Cheez-Its
Ext. Snack	Pirate Booty & Cheese	Mandarins & Veggie Crackers	Cucumbers w/Ranch & Cheez-Its	Pita Bread & Hummus	Nilla Wafers & Banana
	14	15	16	17	18
AM Snack	Cornbread w/Milk	Cereal w/ Milk & Bananas	Bagels & Cinnamon Cream Cheese	Nutrigrain Bar and Milk	Muffins & Bananas
Lunch	Beef & Cheese Soft Tacos w/Corn & Fruit	Spaghetti In Marinara w/ Veggies	Tuna & Veggies Casserole w/ Garlic Bread	Arroz Con Pollo w/ Mixed Veggies & Fruit	Sausage & Tortellini Soup w/ Veggies
PM Snack	Rice Cakes & Sunbutter	Cottage Cheese & Pineapple	Oranges & Goldfish	Cantaloupe & Yogurt	Mixed Fruit & Crackers
Ext. Snack	Cottage Cheese & Pineapple	Oranges & Goldfish	Rice Cakes & Sunbutter	Mixed Fruit & Crackers	Cantaloupe & Yogurt
	21	22	23	24	25
AM Snack	Biscuits w/Apple Butter	Muffins & Fruit	Pancakes & Milk	Cinnamon Oatmeal w/Apples	Cinnamon Toast w/Fruit
Lunch	Turkey & Cheese Sandwich w/ Fruit	BBQ Chicken w/ Rice & Veggies	Pesto Rotini w/ Chicken & Fruit	Popcorn Chicken w/ Tots & Fruit	Chicken Noodle Soup w/ Saltines & Fruit
PM Snack	Peaches & Crackers	Cheese & Sweet Potato Crackers	Pita Bread & Hummus	Grahams & Apple Sauce	Ritz Crackers & Pepperoni
Ext. Snack	Cheese & Sweet Potato Crackers	Pita Bread & Hummus	Peaches & Crackers	Ritz Crackers & Pepperoni	Grahams & Apple Sauce
	28	29	30	31	1
AM Snack	French Toast Sticks w/Milk	Nurtigrain Bars and Fruit	Cereal w/ Milk	Pineapple w/Cottage Cheese	Bananas & Milk
Lunch	Teriyaki Chicken w/Rice and Veggies	Mac & Cheese w/Veggies & Fruit	Chicken Wings w/ Salad & Fruit	Beef Ravioli in Marinara Sauce w/ Veggies	Rice & Beans w/ Beef & Veggies
PM Snack	Graham Crackers & Apple Sauce	Mango w/ Cottage Cheese	Saltine Crackers & Apple Butter	Nilla Wafers & Fruit	Pears & Crackers
Ext. Snack	Mango w/ Cottage Cheese	Pears & Crackers	Graham Crackers & Apple Sauce	Saltine Crackers & Apple Butter	Nilla Wafers & Fruit

Menu is subject to change