



July

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM Snack			1 English Muffin and Jelly	2 Chef's Choice	3 Granola Bars
Lunch			Chicken Breast, Scalloped Potatoes, Green Beans		Hamburgers, Baked Beans, Fruit
PM Snack			Cucumber and Ranch		Gold Fish and String Cheese
Breakfast	6	7	8	9	10
AM Snack	Bagels and Cream Cheese	Nutrigrain Bars	Oatmeal with Brown Sugar		Yogurt with Granola
Lunch	Terriyaki Chicken, Rice and Tropical Fruit	Tator Tot Casserole, Green Beans and Peaches	Orange Chicken, Rice and Mango	Chef's Choice	Goulash, Corn and Apples
PM Snack	Pretzel Stix and Sun Butter	Celery and Cream Cheese	Carrots and Ranch		Cheez-its and Pepperoni
Breakfast	13	14	15	16	17
AM Snack	Waffles and Syrup	Banana and Sun Butter	Cottage Cheese & Pineapple		Cinnamon Oatmeal
Lunch	Chicken Nuggets, Peas Oranges	Mac and Cheese, Broccoli and Tropical Fruit	Terriyaki Chicken and Rice with Strawberries	Chef's Choice	Italian Pasta Salad with Cucumbers and Pepperoni, and Peaches
PM Snack	Sweet Potato Fries	Cucumber with Ranch	Pretzel Goldfish and Applesauce		Pita Chips with Hummus
Breakfast	20	21	22	23	24
AM Snack	Granola Bars	Baked Cinnamon Apples	Granola Bars		Yogurt and Granola
Lunch	Spaghetti with Salad	Scalloped Potatoes with Ham, Peas and Mango	Spaghetti with Salad	Chef's Choice	Cheesy Chicken Bake, Green Beans and Apples
PM Snack	Pita Chips with Fruit Salsa	Sweet Potato Fries	Pita Chips with Fruit Salsa		String Cheese and Crakers
Breakfast	27	28	29	30	31
AM Snack	Oatmeal with Brown Sugar	Banana Chips	Cottage Cheese and Fruit		English Muffin and Jelly
Lunch	Taco Bake, Corn and Strawberries	BBQ Chicken, Green Beans and Oranges	Taco Bake, Corn and Strawberries	Chef's Choice	Chicken Breast, Scalloped Potatoes, Green Beans
PM Snack	Carrots and Hummus	Soft Pretzels with Cheese	Carrots and Hummus		Cucumber and Ranch