

# July 2018

**Bright Horizons at Spotswood**

**732-251-2686 |**

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Whole Grain Macaroni and Cheese Green Beans Pineapple	3 Turkey and Cheese Pinwheels Peas Pears	4 CENTER CLOSED  Independence Day	5 Chicken Tacos on Whole Wheat Tortilla Corn Mandarin Oranges	6  Assorted Lunch	7
8	9  Salisbury Streak Peas and Carrots Fruit Cocktail	10  Turkey Meatballs On Whole Wheat Buns Broccoli Applesauce	11  Hamburger on Whole Wheat Bun Baked Beans Peaches	12  Smothered BBQ Chicken Green Beans Pineapple	13  Beef Fajitas on Whole Wheat Tortillas Black Beans Tropical Fruit	14
15	16  Grilled Cheese on Whole Wheat Bread Cauliflower Sliced Apples	17  Chicken Teriyaki Brown Rice Peas Pineapple	18  Whole Wheat Pasta with Meat Sauce Corn Fruit Cocktail	19  Chicken Fettuccini Broccoli Peaches	20  Whole Grain Pizza Broccoli Applesauce	21
22	23  Beef Stroganoff Egg Noodles Peas and Carrots Pears	24  Cheese Lasagna Mixed Veggies Apricots	25  Whole Grain Macaroni and Cheese Green Beans Pineapple	26  Chicken Nuggets Carrots Mandarin Oranges	27  Whole Wheat Baked Ziti Cauliflower Tropical Fruit	28
29	30  Assorted Lunch	31  Cheese Quesadillas Black Beans Pineapples				