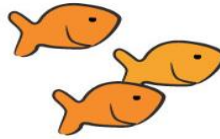




July 2022



Breakfast & snack



Monday	Tuesday	Wednesday	Thursday	Friday
Age-appropriate milk must be served with breakfast				1 +Apple oatmeal ~~~~~ +Soft breadsticks Cheese cubes
4 CLOSED FOR INDEPENDENCE DAY	5 +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches	6 Blueberry bagel w/butter Fresh fruit ~~~~~ Saltines Peach yogurt	7 +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar	8 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix
11 +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese	12 +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola	13 +Toasted oats Fresh fruit ~~~~~ Soft pretzel Applesauce	14 Rice Crispies Fresh fruit ~~~~~ +Whole wheat pita pizza with Cheese	15 +Apple oatmeal ~~~~~ +Soft breadsticks Cheese cubes
18 +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches	19 Blueberry bagel w/butter Fresh fruit ~~~~~ Saltines Raspberry yogurt	20 +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar	21 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix	22 +Blueberry-peach oatmeal ~~~~~ Triscuits Cucumber slices & ranch
25 +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese	26 +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola	27 +Toasted oats Fresh fruit ~~~~~ Soft pretzel Applesauce	28 Rice Crispies Fresh fruit ~~~~~ +Whole wheat pita pizza with Cheese	29 +Apple oatmeal ~~~~~ +Soft breadsticks Cheese cubes

+Whole grain



July 2022



Lunch



Monday	Tuesday	Wednesday	Thursday	Friday
Age-appropriate milk must be served with lunch	Fresh fruits include but are not limited to: apples, oranges, bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe. This institution is an equal opportunity provider			1 (V) Whole wheat macaroni & cheese* Mixed vegetables Fresh fruit
4 CLOSED FOR INDEPENDENCE DAY	5 Whole wheat Turk-a-roni* (V) White bean mushroom soup^ Grated cheese Southwest salad Fresh fruit	6 (V) Whole grain pizza* Garden salad Fresh fruit	7 Chicken nuggets (V) Veggie nuggets Potato soup Whole wheat bread/butter* Fresh fruit	8 (V) Beans & Brown rice^ Tossed salad Tortilla* Fresh fruit
11 Chicken Alfredo with tri-color pasta (V) Tri-color pasta alfredo Salad Fresh fruit	12 (V) Quiche Peas Whole wheat bread/butter* Fresh fruit	13 Spaghetti & meat sauce* (V) Spaghetti & tomato sauce w/ soy #^ Grated cheese Spinach salad Fresh fruit	14 Chicken leg w/ buttermilk gravy (V) Picadillo^ Zucchini & yellow squash Whole wheat bread/butter * Fresh fruit	15 Turkey taco w/whole wheat Tortilla* (V) Beans & brown rice burrito*^ Corn Grated cheese Fresh fruit
18 Power veggie beef & chicken stew (V) Black bean tortilla soup^ Spinach salad Whole wheat bread/butter* Fresh fruit	19 Turkey meatloaf (V) French lentils w/ thyme^ Mashed sweet potatoes Whole wheat bread/butter* Fresh fruit	20 Dirty brown rice with beef* (V) Dirty brown rice^ Apple coleslaw Fresh fruit	21 Bean, corn, & chicken quesadilla (V) Bean, corn & cheese quesadilla With whole wheat tortilla * Green Beans Fresh fruit	22 (V) Lasagna Tossed salad Fresh fruit
25 Whole wheat ziti with chicken * (V) Lentil penne & tomato sauce w/ soy *#^ Grated cheese Tossed salad Fresh fruit	26 Chicken chili (V) Veg out chili^ Broccoli & cheese salad Whole wheat bread/butter* Fresh fruit	27 (V) Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit	28 Hamburger slider (V) Black bean burger #^ Bean medley *Whole wheat roll Fresh fruit	29 BBQ chicken leg (V) Mushroom stroganoff ^ California blend vegetables *Whole wheat bread/butter Fresh fruit

(V) Vegetarian meal
#Gluten free

*Whole grain
^Vegan