

<p align="center">July 2021 Menu - Updated 6.7.21</p>
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**FRUITS &
VEG IN
SEASON IN
JULY:**

Apricots,
Bananas,
Beets,
Bell Peppers,
Blackberries,
Blueberries,
Cantaloupe,
Cherries,
Corn,
Cucumbers,
Eggplant,
Garlic,
Grapefruits,
Grapes,
Green
Beans,
Honeydew
Melon,
Kiwifruit,
Lima Beans,
Mushrooms,
Nectarine,
Peaches,
Peas,
Plums,
Radishes,
Raspberries,
Strawberries
, Summer



BERRY MONTH

Watermelon.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Important Notes	
28	29	30	1	2		
Cheese Quesadilla	Baked Ziti Pasta	Whole Grain Waffles with Strawberry Sauce and Turkey Sausage	Mini Meatloaf	Cheese Pizza	Green squares indicate daily vegetarian entrée.	
Cheese Quesadilla	Baked Ziti Pasta	Whole Grain Waffles w/Strawberry Sauce & Veggie Patty	Veggie Sliders on Bun	Cheese Pizza		
Broccoli Applesauce Milk	Green Beans Cran Apple Sauce Milk	Cauliflower Honeydew Milk	Roasted Potatoes Carrots Applesauce Milk	Cucumber with Ranch Dip Pineapple Milk	Our produce is >75% locally sourced	
5	6	7	8	9		
					Toddlers will be served whole milk 2's and above will be served 1% milk	
12	13	14	15	16		
Whole Wheat Pasta with Garlic Butter	Oven Roasted Turkey Breast with Gravy	Cheese Pizza	Veggie Meatballs with Tomato Sauce	Bean & Cheese Burrito	Soy milk is available upon request	
Whole Wheat Pasta with Garlic Butter	Veggie Patty with Veggie Gravy	Cheese Pizza	Veggie Meatballs with Tomato Sauce	Bean & Cheese Burrito		
Vanilla Yogurt Peas Pineapple Milk	Diced Sweet Potatoes Broccoli Applesauce Milk	Cucumber with Ranch Dip Mango Milk	Veggie Orzo Cauliflower Honeydew Milk	Green Beans Cantaloupe Milk	Amgen Dining Commitment: Poultry without routine use of human antibiotics & sourcing rBGH-free milk & yogurt.	
19	20	21	22	23	*In the event you determine that your child(ren) is or may be allergic to any menu item, please notify Bright Horizons immediately, both via phone and in writing, at South House x76793 #2. Parents are responsible for providing alternative menu items for their child(ren).	
Turkey Sloppy Joe on Whole Wheat Bun	Herb Chicken with Gravy	Spaghetti with Beef Bolognese Sauce	Cheese Quesadillas	Veggie Lasagna		
Veggie Sloppy Joe on a Whole Wheat Bun	Veggie Meatballs with Vegetarian Gravy	Spaghetti with Tomato Basil Marinara Sauce	Cheese Quesadillas	Veggie Lasagna		
Carrots Honeydew Milk	Mashed Sweet Potatoes Spinach with Ranch Mango Milk	Zucchini Cran Apple Sauce Milk	Peas Cantaloupe Milk	Broccoli Pineapple Milk		
26	27	28	29	30		
Turkey Chili Mac & Cheese	Chicken Tenders	French Toast Sticks with Strawberry Sauce	Grilled Cheese Sandwich	Baked Ziti Pasta with Marinara Sauce		
Veggie Crumble Mac & Cheese	Veggie Patty w/Cheese	French Toast Sticks w/Strawberry Sauce & Veggie Patty	Grilled Cheese	Baked Ziti Pasta with Marinara Sauce		
Green Beans Mango Milk	Zucchini with Ranch Cantaloupe Milk	Turkey Sausage Carrots Pineapple Milk	Tomato Soup Honeydew Milk	Cucumber with Ranch Applesauce Milk		

Menu is subject to change without notice based on food availability.

* This menu satisfies the USDA Child Care Food Program guidelines. Please review this menu carefully and determine whether your child(ren) may be allergic to any menu item ("Allergen"). If you believe your child(ren) may be allergic to any item on this menu, or if you would like additional information regarding the ingredients of any menu item, please contact the Camp Amgen front office x71634. Upon your request, you will receive a complete list of ingredients for each menu item requested.