



July 8th - 12th, 2019

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Fruity oatmeal	Cheesy grits with turkey sausage Fruit salad	Overnight oats with fresh berries and coconut	Strawberry cream of wheat	Scrambled eggs with veggies Toast
LUNCH	Cheesy corn fritters Fresh watermelon salad	Turkey burger with balsamic onions Zucchini* fries	Ground beef enchilada casserole Beans and rice	Green chili chicken and bacon quesadilla Roasted zuchinni*	Pesto linguine with fresh tomato and sautéed cod Roasted squash*
AFTERNOON SNACK	Hummus and pita	Sunbutter and cinnamon bread	Cheese cubes and berries	Frozen yogurt berries*	Cocoa oatmeal bites

Milk is served with breakfast and lunch and water is served with afternoon snack.

Elmwood Stock Farm *
Reed Valley Orchard **

