



JULY NM



	sustainable 1000 partners	sustainable food partners							FAMILY SOLUTION
	Monday		Tuesday		Wednesday		Thursday		Friday
1	Breakfast: Mini Bagel w/ Cream Cheese, Fruit, Milk	2	Breakfast: Potato Breakfast Burrito w/Fresh Salsa, Fruit, Milk	3	Breakfast: Blueberry Oatmeal w/Sausage Patty, Fruit, Milk	4	CENTER	5	Breakfast: Tofu Scramble w/ Whole Grain Bread, Fruit, Milk
	Lunch: Pasta w/Beef Bolognese Sause, Veggies, Fruit,		Lunch: Lemon Pepper Chicken & Rice, Veggies, Fruit, Milk		Lunch: Mexican Lasagna w/Beef, Veggies, Fruit, Milk	1	CLOSED		Lunch: Mac & Cheese, Veggies, Fruit, Milk
	Milk Snack: Eggplant Hummus, Pita		Snack: Sweet Potato Bread, Fruit, Milk		Snack: Creamy Spinach Dip & Carrots	(D Childy		Snack: Oat Crackers (Garlic & Parsley), Fruit
8	Breakfast: Breakfast Tropical Rice Pudding, Fruit, Milk	9	Breakfast: Turkey Bacon w/ Whole Wheat Bread, Fruit, Milk	10	Breakfast: Cream Cheese & Jelly Roll Up w/Fruit, Milk	11	Breakfast: Cheerios, Fruit, Milk Lunch: Greek Falafel w/Pita &	12	Breakfast: French Toast Casserole w/Syrup, Fruit, Milk
	Lunch: Chicken Teriyaki w/ Rice, Veggies, Fruit, Milk		Lunch: Pasta Primavera w/Marinara & Black Beans, Veg- gies, Fruit, Milk Snack: Black Bean & Corn Medley, Milk	Lunch: Chicken Taco, Veggies, Fruit, Milk		Cucumber Yogurt Sauce, Veggies, Fruit, Milk		Lunch: Cheesy Rice Bake w/ Turkey, Veggies, Fruit, Milk	
	Snack: Cereal Protein Bar & Fruit			Snack: Cheese Cubes & Vegetables		Snack: Cinnamon Sweet Potato Chips, Milk		Snack: Cheese Roll Up	
15	Breakfast: Apple Cinnamon Oatmeal w/Sausage Patty, Fruit,		Breakfast: Cheesy Breakfast Potatoes, Fruit, Milk	17	Breakfast: Yogurt w/Granola Crumbles, Fruit, Milk	18	Breakfast: Flourless Sweet Potato Muffin, Fruit, Milk	19	Breakfast: Cinnamon Swirl Pancakes w/Syrup, Fruit, Milk
	Milk Lunch: Chicken Alfredo,		-unch: Cajun Rice & Beans v/Turkey, Veggies, Fruit, Milk	Lunch: Cheese Burger, Veggies, Fruit, Milk		Lunch: Chicken Fajitas w/Flour Tortilla, Veggies, Fruit, Milk		Lunch: Vegetables & Bean Chili w/GF Bread, Veggies, Fruit, Milk	
	Veggies, Fruit, Milk Snack: Sweet Potato Chips, Fruit		Snack: Parmesan Potato Wedges & Cheese Cubes, Milk	\	Snack: Banana Bread, Fruit		Snack: Oat Crackers (Curry), Fruit, Milk		Snack: Fresh Veggies w/Greek Yogurt Ranch & Pita
22	Breakfast: Mini Bagel w/Cream Cheese, Fruit, Milk	23	Breakfast: Cheddar Biscuit Sandwich w/Turkey Bacon, Fruit, Milk	24	Breakfast: Square Pancake w/ Syrup, Fruit, Milk	25	Breakfast: Potato Breakfast Burrito w/ Fresh Salsa, Milk	26	Breakfast: Blueberry Banana Oat Muffin, Fruit, Milk
	Lunch: Baked Mostaccioli w/ Beef, Veggies, Fruit, Milk		Lunch: Meatballs w/Mashed Potatoes -Turkey, Veggies, Fruit, Milk		Lunch: Mac & Cheese, Fruit, Milk		Lunch: Sloppy Joes w/Turkey, Veggies, Fruit, Milk		Lunch: Lemon Pepper Chicken & Rice, Veggies, Fruit, Milk
	Snack: Roasted Red Pepper Hummus & Pita		Snack: Graham Crackers, Fruit, Milk		Snack: Cinnamon Sweet Potato Chips, Fruit		Snack: Cocoa Bread w/Fruit, Milk		Snack: Cheese Cubes & Vegetables
29	Breakfast: Breakfast Tropical Rice Pudding, Fruit, Milk	30	Breakfast: Cheesy Breakfast Potatoes, Fruit, Milk	1	Breakfast: Cheerios, Fruit, Milk Lunch: Pasta Primavera	2	Breakfast: Cream Cheese & Jelly Roll Up, Fruit, Milk	3	Breakfast: Blueberry Oatmeal w/Sausage Patty, Fruit, Milk
	Lunch: Chicken Stir-Fry, Veggies, Fruit, Milk		Lunch: Bean & Cheese Quesadilla, Veggies, Fruit, Milk		w/Marinara & Black Beans, Veggies, Fruit, Milk		Lunch: Cheesy Rice Bake w/ Beef, Veggies, Fruit, Milk		Lunch: BBQ Chicken Sandwich, Veggies, Fruit, Milk
	Snack: Cheese Roll Up		Snack: Chickpea & Cucumber Medley w/Pita , Milk		Snack: Oat Crackers (Garlic & Parsley), Cheese Cubes		Snack: Yogurt, Fruit, Milk		Snack: Banana Cocoa Oat Cookie, Fruit