



July 2020



Breakfast & Snack



Monday	Tuesday	Wednesday	Thursday	Friday
		1 +Cheerios Fresh fruit ~~~~~ Soft pretzel Applesauce	2 Rice Crispies Fresh fruit ~~~~~ +Whole wheat pita pizza with Cheese	3 Closed for Independence Day
6 +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches	7 Cinnamon bagel w/butter Fresh fruit ~~~~~ Saltines Strawberry/banana yogurt	8 +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar	9 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix	10 +Blueberry-peach oatmeal ~~~~~ Triscuits Cucumber slices & ranch
13 +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese	14 +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola	15 +Cheerios Fresh fruit ~~~~~ Soft pretzel Applesauce	16 Rice Crispies Fresh fruit ~~~~~ +Whole wheat pita pizza with Cheese	17 +Apple oatmeal ~~~~~ +Soft breadsticks Cheese cubes
20 +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches	21 Cinnamon bagel w/butter Fresh fruit ~~~~~ Saltines Cherry/vanilla yogurt	22 +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar	23 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix	24 +Blueberry-peach oatmeal ~~~~~ Triscuits Cucumber slices & ranch
27 +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese	28 +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola	29 +Cheerios Fresh fruit ~~~~~ Soft pretzel Applesauce	30 Rice Crispies Fresh fruit ~~~~~ +Whole wheat pita pizza with Cheese	31 +Apple oatmeal ~~~~~ +Soft breadsticks Cheese cubes

+Whole grain



July 2020 Lunch



Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>~This menu is designed for children age 12+ months</i></p> <p><i>Age appropriate milk must be served with lunch</i></p>	<p><i>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.</i></p> <p><i>This institution is an equal opportunity provider</i></p>			
<p>6</p> <p>Chicken Alfredo with tri-color pasta (V) Tri-color pasta alfredo Salad Fresh fruit</p>	<p>7</p> <p>(V) Broccoli Quiche Peas Whole wheat bread/butter* Fresh fruit</p>	<p>1</p> <p>(V) Spinach manicotti Winter blend vegetables Whole wheat bread/butter* Fresh fruit</p>	<p>2</p> <p>(V) Beans & Brown rice^ Tossed salad Tortilla* Fresh fruit</p>	<p>3</p> <p>Closed For Independence Day</p>
<p>13</p> <p>Power veggie beef & chicken stew (V) Black bean tortilla soup^ Spinach salad Whole wheat bread/butter* Fresh fruit</p>	<p>14</p> <p>Turkey meatloaf (V) French lentils w/ thyme^ Mashed sweet potatoes Whole wheat bread/butter* Fresh fruit</p>	<p>8</p> <p>Spaghetti & meat sauce* (V) Spaghetti & tomato sauce w/ soy # Grated cheese Spinach salad Fresh fruit</p>	<p>9</p> <p>Chicken leg w/ buttermilk gravy (V) Picadillo^ Zucchini & yellow squash Whole wheat bread/butter * Fresh fruit</p>	<p>10</p> <p>Turkey taco w/whole wheat Tortilla* (V) Beans & brown rice burrito* Corn Grated cheese Fresh fruit</p>
<p>20</p> <p>Whole wheat ziti with chicken * (V) Lentil penne & tomato sauce w/ soy *#^ Grated cheese Tossed salad Fresh fruit</p>	<p>21</p> <p>Chicken chili (V) Veg out chili^ Broccoli & cheese salad Whole wheat bread/butter* Fresh fruit</p>	<p>15</p> <p>Dirty brown rice with beef* (V) Dirty brown rice^ Apple coleslaw Fresh fruit</p>	<p>16</p> <p>Bean, corn, & chicken quesadilla (V) Bean, corn & cheese quesadilla With whole wheat tortilla * Green Beans Fresh fruit</p>	<p>17</p> <p>(V) Lasagna Tossed salad Fresh fruit</p>
<p>27</p> <p>Turkey sloppy joe (V) Vegetarian sloppy joe ^ Corn & edamame *Whole wheat roll Fresh fruit</p>	<p>28</p> <p>(V) Whole grain cheese melt * Tomato alphabet soup Fresh fruit</p>	<p>22</p> <p>(V) Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit</p>	<p>23</p> <p>Hamburger slider (V) Black bean burger #^ Bean medley *Whole wheat roll Fresh fruit</p>	<p>24</p> <p>BBQ chicken leg (V) Mushroom stroganoff ^ California blend vegetables *Whole wheat bread/butter Fresh fruit</p>
<p>29</p> <p>Shepherd's Pie (V) Chickpea curry with potatoes^ Pineapple/mango coleslaw *Whole wheat bread/butter Fresh fruit</p>	<p>30</p> <p>Maryland-style chicken (V) Broccoli & cheddar quinoa w/brown rice * Sugar snaps & carrots *Whole wheat bread/butter Fresh fruit</p>	<p>31</p> <p>(V) Whole wheat macaroni & cheese* Mixed vegetables Fresh fruit</p>		

(V) Vegetarian meal
#Gluten free

+Whole wheat
^Vegan