

JULY 2021

Preston Hollow UMC Child Development Center

Monday

Tuesday

Wednesday

Thursday

Friday

Closed

5

Breakfast snack: Mini bagel w/cream cheese
Lunch: Chicken noodle soup w/saltine crackers, celery & carrot sticks, apple slices
Afternoon snack: Vanilla wafers w/raisins

6

Breakfast snack: Banana muffin
Lunch: Baked chicken nuggets, spinach salad w/ranch dressing, peaches
Afternoon snack: Fresh seasonal fruit

7

Breakfast snack: Chobani yogurt w/fruit
Lunch: No nut butter w/jelly, veggie chips, applesauce
Afternoon snack: Blueberry Nutri Grain bar

1

Breakfast snack: Chobani yogurt w/fruit
Lunch: Pimiento cheese sandwich, veggie chips, applesauce
Afternoon snack: Strawberry Nutri Grain bar

8

Breakfast snack: Strawberry flake cereal
Lunch: Stuffed pita w/tuna salad, coleslaw, tropical fruit medley
Afternoon snack: Popsicle Firecracker

2

Breakfast snack: Cascadian Farm Fruitful O's
Lunch: Fish tacos w/black beans, tropical fruit medley
Afternoon snack: Ice cream cups

9

Breakfast snack: Hard-boiled egg w/cheese cubes
Lunch: Veggie quesadillas, mild salsa carrot sticks w/ranch dip, orange slices
Afternoon snack: Fig Newton bars

12

Breakfast snack: Cinnamon raisin bread
Lunch: Chicken & wild rice soup w/Ritz crackers, broccoli w/ranch dip, apple slices
Afternoon snack: Graham crackers w/chocolate no nut dip

13

Breakfast snack: Blueberry muffin
Lunch: Egg salad w/wheat roll, broccoli w/ranch dressing, peaches
Afternoon snack: Cheese dip w/baked tortilla chips

14

Breakfast snack: Chobani yogurt w/fruit
Lunch: No nut butter w/honey, veggie chips, applesauce
Afternoon snack: Blueberry Nutri Grain bar

15

Breakfast snack: Cascadian Farm Raisin Bran
Lunch: Tuna sandwich w/garden salad, fruit medley
Afternoon snack: Yogurt bars

16

Breakfast snack: Blueberry oatmeal bar
Lunch: No nut butter w/jelly, veggie chips, orange slices
Afternoon snack: Cheese Its

19

Breakfast snack: Mini bagel w/cream cheese
Lunch: Chicken tortilla soup w/black beans, apple slices
Afternoon snack: Vanilla wafers w/raisins

20

Breakfast snack: Biscuit w/honey
Lunch: Lasagna w/garden salad, peaches
Afternoon snack: Fresh seasonal fruit

21

Breakfast snack: Chobani yogurt w/fruit
Lunch: Turkey bologna w/Swiss cheese, veggie chips, applesauce
Afternoon snack: Strawberry Nutri Grain bar

22

Breakfast snack: Strawberry flake cereal
Lunch: Fish sticks w/coleslaw, tropical fruit medley
Afternoon snack: Popsicles

23

Breakfast snack: Hard-boiled egg w/cheese cubes
Lunch: Black bean burgers w/baked sweet potato fries, orange slices
Afternoon snack: Fig Newton bars

26

Breakfast snack: Cinnamon raisin bread
Lunch: Chicken chowder w/Wheat Thins, garden salad, apple slices
Afternoon snack: Graham crackers w/Chocolate no nut dip

27

Breakfast snack: Croissant w/jelly
Lunch: Chicken veggie tortilla wraps, coleslaw, peaches
Afternoon snack: Cheese dip w/baked tortilla chips

28

Breakfast snack: Chobani yogurt w/fruit
Lunch: No nut butter w/jelly, veggie chips, applesauce
Afternoon snack: Blueberry Nutri Grain bar

29

Breakfast snack: Cascadian Farm Fruitful O's
Lunch: Fish nuggets w/coleslaw, tropical fruit medley
Afternoon snack: Ice cream sundae

30