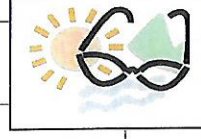


# July 2017



Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Breakfast: Cascadian Farm Organic Oats &amp; Honey Granola</p> <p>Lunch: Watermelon-tomato gazpacho, spring salad w/ranch dressing, wheat rolls, apple slices</p> <p>Snack: No nut butter &amp; sesame crackers</p>	<p>4</p> <p style="text-align: center;"><b>Closed</b></p>	<p>5</p> <p>Breakfast: Nature's Path Organic Honey Oat Granola Bars</p> <p>Lunch: Turkey bacon lettuce tomato salad w/chive dressing, peaches, pita bread</p> <p>Snack: Red &amp; blue Jell-O</p>	<p>6</p> <p>Breakfast: Banana bread</p> <p>Lunch: Grilled chicken &amp; peaches, green beans, orzo</p> <p>Snack: Hummus w/celery &amp; carrot sticks</p>	<p>7</p> <p>Breakfast: Kashi Organic Promise Sprouted Grains Cereal</p> <p>Lunch: Baked parmesan fish sticks, scalloped russet &amp; sweet potatoes, cinnamon applesauce</p> <p>Snack: Nutri Grain Bars</p>
<p>10</p> <p>Breakfast: Nature's Path Organic Heritage O's Cereal</p> <p>Lunch: Black bean street tacos w/mild peach salsa, cilantro rice, baked blue corn tortilla chips</p> <p>Snack: Veggies w/guacamole</p>	<p>11</p> <p>Breakfast: Scrambled egg &amp; sweet potato burritos</p> <p>Lunch: Grilled chicken w/mango chutney, wild rice, green beans, orange slices</p> <p>Snack: Cheese cubes w/wheat crackers</p>	<p>12</p> <p>Breakfast: Greek style blueberry yogurt</p> <p>Lunch: Smoky cheese potato soup, spinach salad w/lime vinaigrette dressing, mixed fruit</p> <p>Snack: Pretzels w/hummus</p>	<p>13</p> <p>Breakfast: Oatmeal w/blueberries</p> <p>Lunch: Turkey meatball kebobs, butternut squash, pita bread, bananas</p> <p>Snack: Grilled onion dip &amp; naan chips</p>	<p>14</p> <p>Breakfast: Cascadian Farm Organic Berry Vanilla Puffs</p> <p>Lunch: Vietnamese fish &amp; veggie spring rolls, brown fried rice, peaches</p> <p>Snack: Strong man dumbbells (marshmallows w/pretzel stix)</p>
<p>17</p> <p>Breakfast: Oatmeal w/maple syrup</p> <p>Lunch: Mushroom quinoa burger w/lettuce &amp; tomato, baked sweet potato fries, fruit cups</p> <p>Snack: Greek style vanilla yogurt</p>	<p>18</p> <p>Breakfast: Cascadian Farm Organic Cinnamon Raisin Granola</p> <p>Lunch: Pesto pasta w/chicken &amp; artichoke hearts, English sweet peas, peaches</p> <p>Snack: Hardboiled eggs</p>	<p>19</p> <p>Breakfast: Fresh fruit</p> <p>Lunch: Basil mild Chile chicken stir-fry, brown rice, asparagus, watermelon slices</p> <p>Snack: No nut butter &amp; wheat crackers</p>	<p>20</p> <p>Breakfast: Greek vanilla yogurt</p> <p>Lunch: Tetrizzini primavera, baked chicken nuggets, watermelon</p> <p>Snack: Cucumber &amp; carrots sticks w/sour cream dill dip</p>	<p>21</p> <p>Breakfast: Flax pancakes w/maple syrup</p> <p>Lunch: Tuna nicoise salad, crescent rolls, green peas, sliced apples</p> <p>Snack: Banana bread</p>
<p>24</p> <p>Breakfast: Oatmeal w/cinnamon</p> <p>Lunch: Butternut squash w/wild rice casserole, garden salad, fresh fruit w/honey mint dressing</p> <p>Snack: Cascadian Farm Organic Ancient Grains Granola</p>	<p>25</p> <p>Breakfast: Apple spiced muffins</p> <p>Lunch: Turkey club sandwiches on wheat bread, spinach salad w/French dressing, baked veggie chips</p> <p>Snack: No nut butter &amp; rice cakes</p>	<p>26</p> <p>Breakfast: Spiced Oatmeal</p> <p>Lunch: Chicken gyro pitas w/tzatziki sauce, salad w/black olives &amp; feta cheese, baked sweet potato fries, peaches</p> <p>Snack: Fruit smoothies</p>	<p>27</p> <p>Breakfast: Yogurt w/fruit</p> <p>Lunch: Chicken, heirloom tomatoes &amp; avocado slices, wheat spiral pasta, roasted corn, applesauce</p> <p>Snack: Nutri Grain Bars</p>	<p>28</p> <p>Breakfast: Oatmeal w/maple syrup</p> <p>Lunch: Open-face flounder sandwich on French bread, baked chips, peaches</p> <p>Snack: String cheese &amp; fruit</p>
<p>31</p> <p>Breakfast: Cheese &amp; potato egg scramble</p> <p>Lunch: Bucatini corn-bonara, spring salad, fruit ambrosia</p> <p>Snack: Fruit yogurt popsicles</p>				