



Breakfast & Snack - July, 2019

7/1 +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese	7/2 +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola	7/3 +Cheerios Fresh fruit ~~~~~ Soft pretzel Applesauce	7/4 ***** CLOSED FOR INDEPENDENCE DAY *****	7/5 Rice Crispies Fresh fruit ~~~~~ +Whole wheat pita pizza with Cheese
7/8 +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches	7/9 +Blueberry bagel w/butter Fresh fruit ~~~~~ Saltines Blueberry yogurt	7/10 +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar	7/11 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix	7/12 +Blueberry-peach oatmeal ~~~~~ Whole wheat pita bread Cucumber slices
7/15 +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese	7/16 +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola	7/17 +Cheerios Fresh fruit ~~~~~ Soft pretzel Applesauce	7/18 Rice Crispies Fresh fruit ~~~~~ +Whole wheat pita pizza with Cheese	7/19 +Apple oatmeal ~~~~~ +Soft breadsticks Cheese cubes
7/22 +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches	7/23 +Blueberry bagel w/butter Fresh fruit ~~~~~ Saltines Strawberry/banana yogurt	7/24 +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar	7/25 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix	7/26 +Blueberry-peach oatmeal ~~~~~ Whole wheat pita bread Cucumber slices
7/29 +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese	7/30 +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola	7/31 +Cheerios Fresh fruit ~~~~~ Soft pretzel Applesauce		

+ Whole grain



Lunch – July, 2019

<p>7/1 +Whole wheat ziti with chicken sausage & tomato sauce, and baby kale Grated cheese Tossed salad Fresh fruit</p>	<p>7/2 Chicken chili Broccoli & cheese salad +Whole wheat bread/butter Fresh fruit</p>	<p>7/3 *Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit</p>	<p>7/4 ***** CLOSED FOR INDEPENDENCE DAY *****</p>	<p>7/5 BBQ chicken leg California blend vegetables +Whole wheat bread/butter Fresh fruit</p>
<p>7/8 Turkey sloppy joe Corn & edamame +Whole wheat roll Fresh fruit</p>	<p>7/9 +*Whole grain cheese melt Tomato alphabet soup Fresh fruit</p>	<p>7/10 Shepherd's Pie Pineapple/mango cole slaw +Whole wheat bread/butter Fresh fruit</p>	<p>7/11 Maryland-style chicken Sugar snaps & carrots +Whole wheat bread/butter Fresh fruit</p>	<p>7/12 +*Whole wheat macaroni & cheese Mixed vegetables Fresh fruit</p>
<p>7/15 +Whole wheat Turk-a-roni Grated cheese Southwest salad Fresh fruit</p>	<p>7/16 +*Whole grain pizza Garden salad Fresh fruit</p>	<p>7/17 Chicken patty Tuscan bean and garlic soup + Whole wheat bread/butter Fresh fruit</p>	<p>7/18 *Spinach manicotti Winter blend vegetables +Whole wheat bread/butter Fresh fruit</p>	<p>7/19 *Beans & Brown rice Tossed salad +Tortilla Fresh fruit</p>
<p>7/22 Chicken Alfredo with tri-color pasta Salad Fresh fruit</p>	<p>7/23 *Broccoli quiche Peas +Whole wheat bread/butter Fresh fruit</p>	<p>7/24 +Spaghetti & meat sauce Grated cheese Spinach salad Fresh fruit</p>	<p>7/25 Chicken leg w/ buttermilk gravy Zucchini & yellow squash +Whole wheat bread/butter Fresh fruit</p>	<p>7/26 +Turkey taco w/whole wheat tortilla Corn Grated cheese Fresh fruit</p>
<p>7/29 Power veggie beef & chicken stew Spinach salad +Whole wheat bread/butter Fresh fruit</p>	<p>7/30 Turkey meatloaf Mashed sweet potatoes +Whole wheat bread/butter Fresh fruit</p>	<p>7/31 +Dirty brown rice with beef, vegetables, quinoa and farrow Apple cole slaw Fresh fruit</p>	<p>~This menu is designed for children age 12+ months</p>	<p>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. This institution is an equal opportunity provider</p>

*Vegetarian meal
+Whole grain



Vegetarian lunch – July, 2019

7/1 ^Teriyaki patty Grated cheese Tossed salad Fresh fruit	7/2 #^Vegetarian chili Broccoli & cheese salad +Whole wheat bread/butter Fresh fruit	7/3 Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit	7/4 ***** CLOSED FOR INDEPENDENCE DAY *****	7/5 Quinoa, couscous, and parmesan California blend vegetables +Whole wheat bread/butter Fresh fruit
7/8 #^Vegetarian sloppy joe Corn & edamame +Whole wheat roll Fresh fruit	7/9 +Whole grain cheese melt Tomato alphabet soup Fresh fruit	7/10 #^Picadillo Pineapple/Mango Coleslaw +Whole wheat bread/butter Fresh fruit	7/11 +#Broccoli & cheddar quinoa w/brown rice Sugar snaps & carrots +Whole wheat bread/butter Fresh fruit	7/12 +Whole wheat macaroni & cheese Mixed vegetables Fresh fruit
7/15 Cheese tortellini w/olive oil & basil Grated cheese Spinach salad Fresh fruit	7/16 +Whole wheat pizza Garden salad Fresh fruit	7/17 Veggie nuggets Tuscan bean and garlic soup +Whole wheat bread/butter Fresh fruit	7/18 Spinach manicotti Carrots +Whole wheat bread/butter Fresh fruit	7/19 +#Beans & Brown rice Tossed salad Tortilla Fresh fruit
7/22 Tri-color pasta alfredo Salad Fresh fruit	7/23 Quiche – plain or broccoli Peas +Whole wheat bread /butter Fresh fruit	7/24 +#^Lentil penne & tomato sauce w/ soy Grated cheese Spinach salad Fresh fruit	7/25 Chix patty Zucchini & yellow squash +Whole wheat bread/butter Fresh fruit	7/26 +^Black bean and brown rice burrito w/whole wheat tortilla Corn Grated cheese Fresh fruit
7/29 #Cheese omelette Spinach salad +Whole wheat bread/butter Fresh fruit	7/30 #^French Lentils W/ Thyme Mashed sweet potatoes +Whole wheat bread/butter Fresh fruit	7/31 +#Vegetarian dirty brown rice with cheese, vegetables, quinoa & farrow Apple cole slaw Fresh fruit		

+Whole grain

Entrée is Gluten Free

^ Entrée is Vegan