

# July MENU 2022

This menu is for ages one and older. Children between one and two years of age are served **whole milk**, soft tortillas and a vegetable substitute for lettuce.

*Fresh fruit each week consists of apples, bananas, oranges and melons & berries (when in season). We order fresh fruit depending upon the price and availability.*

## July 4-8

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Happy 4th of July	Whole wheat Bagel w/cream cheese Fresh Fruit, milk	Muffins (whole grain) Fresh Fruit Skim Milk	Scrambled Eggs Fresh Fruit Skim Milk	Cereal (whole grain) Fresh Fruit Skim Milk
Lunch	CLOSED	Homemade Macaroni and Cheese (made with whole grain macaroni) with diced ham Peas (frozen) Pears (canned) Skim Milk	Pizza from Pizza Hut on (meets the Child Nutrition Requirements) Extra sauce for dipping Baby Carrots w/dip Skim Milk	BBQ Chicken on a whole wheat bun Peas (frozen) Cantaloupe Skim Milk	Bean & Cheese burritos (whole grain tortillas) Corn (frozen) Strawberries Skim milk
Snack		Animal Crackers 100% Fruit Juice	Yogurt & Whole Grain Cereal Pieces Water	Pita bread (whole grain) w/dip & 100% Fruit Juice	Cottage Cheese Saltines, water

## July 11-15

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Whole wheat Bagel w/ Cream Cheese Fresh Fruit, Skim Milk	Biscuits and Gravy Fresh Fruit Milk	Muffins (whole grain) Fruit Fresh skim Milk	Hardboiled Eggs Bananas Skim Milk	Cereal (whole grain) Fresh Fruit Skim Milk
Lunch	Chicken Patties (child nutrition approved, whole grain breeding) Mixed Veggies - Cali blend Mashed Potatoes w/gravy Skim milk	Taco Salad (lean ground turkey, cheese & fresh lettuce on whole corn chips) Ranch Style beans (canned) Skim milk	Pizza from Pizza Hut (meets the Child Nutrition Requirements) Extra sauce for dipping Fresh Cucumbers w/dip Skim Milk	Lasagna Noodles (made w/ lean ground turkey, cheese and tomato sauce over whole grain noodles) Green beans (canned) Skim Milk	Tuna and Cheese Sandwich on whole wheat bread Watermelon Baby Carrots w/dip Skim milk
Snack	Apples & Cheese Slice Water	Whole wheat bread w/cinnamon butter, Milk	Goldfish Crackers (WG) 100% Fruit Juice	Triscuits (WG) 100% fruit juice	Tiger Bite Grahams (WG) Milk

## July 18-22

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Whole Grain Bagel Fresh Fruit Skim Milk	Whole wheat french toast Fresh Fruit Skim Milk	Muffins (whole grain) Fresh Fruit skim Milk	Scrambled Eggs Fresh Fruit Skim Milk	Cereal (whole grain) Fresh Fruit Skim Milk
Lunch	Turkey Dogs on a whole wheat Bun Cantaloupe Cauliflower Florets w/dip Skim milk	Chicken Alfredo (chicken, whole grain noodles and alfredo sauce) Peas (frozen) Diced Peaches (canned) Skim milk	Pizza from Pizza Hut (meets the Child Nutrition Requirements) Extra sauce for dipping Salad Skim Milk	Teriaki Beef (lean gr. beef) over brown rice Broccoli (frozen) Pineapple (canned) Skim milk	Tacos (ground turkey, cheese & fresh lettuce on a whole grain taco shell) Ranch beans (canned) Skim Milk
Snack	String Cheese & Ritz, water	grahams crackers Milk	wheat Thins (WG) 100% Fruit Juice	Whole grain tortilla Chips & salsa (grated cheese for toddlers) and water	Pretzels 100% Fruit Juice

## July 25-29

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Closed for the 24th of July	Whole wheat Bagel w/cream cheese Fresh Fruit & Skim Milk	Muffins (whole grain) Fresh Fruit Skim Milk	Hardboiled Eggs Bananas Skim Milk	Cereal (whole grain) Fresh fruit Skim Milk
Lunch		Sloppy Joes (lean gr. Beef) on whole wheat buns Baked beans Watermelon Skim Milk	Pizza from Pizza Hut (meets the Child Nutrition Requirements) Extra sauce for dipping Green beans (canned) Skim Milk	Haystacks (brown rice with chicken, cheese & gravy) Broccoli (frozen) Pineapple Skim milk	Turkey & cheese wrap (Turkey & cheese slices in a whole wheat tortilla) Fresh blueberries Fresh Cucumbers w/dip Skim milk
Snack		Animal Crackers 100% Fruit Juice	Yogurt & Whole Grain Cereal Pieces Water	Pita bread (whole grain) w/dip & 100% Fruit Juice	Cottage Cheese Saltines, water