



*Menu subject to change based on availability		WG- Whole Grain	WW - Whole Wheat	MG - Multi-Grain	
	Monday	Tuesday	Wednesday	Thursday	Friday
				<b>July 1</b>	<b>July 2</b>
<b>Breakfast</b>				Cinnamon Toast Crunch(WG) Fruit Milk & Water	Waffles (WG) Fruit Milk & Water
<b>Lunch</b>				Chicken Soft Tacos (WG) Spanish Rice with Mixed Vegetables Fruit Milk/Water V- Cheese Quesadilla	Mini Pepperoni Pizza (WG) Peas and Carrots Fruit Water/Milk V- Mini Cheese Pizza
<b>Snack</b>				AM: String Cheese PM: Bananas Evening: Animal Crackers	AM: Graham Crackers PM: Apple Slices Evening: Pretzels
	<b>July 5</b>	<b>July 6</b>	<b>July 7</b>	<b>July 8</b>	<b>July 9</b>
<b>Breakfast</b>		Oatmeal (WG) Fruit Milk & Water	Cheerios Cereal (MG) Fruit Milk & Water	English Muffins (WW) Fruit Milk & Water	Bagel & Cream Cheese (WW) Fruit Milk & Water
<b>Lunch</b>		Chicken Noodle Stir Fry (WG) with Mixed Veggies Fruit Milk/Water V-Stir Fry Noodles with Veggies	Grilled Cheese Sandwich (WW) Mixed Vegetables Fruit Milk/Water V	Cheese Quesadillas (WW) Mexican Rice with Corn Fruit Milk/Water V	Chicken & Veggie Potstickers Fried Rice with Mixed Veggies Fruit Milk/Water V- Fried Rice with Mixed Veggies
<b>Snack</b>	<b>NO SCHOOL</b>	AM: Goldfish Crackers PM: Jello Evening: Graham Crackers	AM: Graham Crackers PM: Bananas Evening: Chex Mix	AM: Chex Mix PM: Orange Slices Evening: Cereal Mix	AM: String Cheese PM: Apple Sauce Evening: Pretzels
	<b>July 12</b>	<b>July 13</b>	<b>July 14</b>	<b>July 15</b>	<b>July 16</b>
<b>Breakfast</b>	Hash Brown Fruit Milk & Water	Pancakes (WG) Fruit Milk & Water	Frosted Mini Wheat Cereal Fruit Milk & Water	Yogurt Fruit Milk & Water	Wheat Toast & Jelly (WW) Fruit Milk & Water
<b>Lunch</b>	Cheese & Spinach Lasagna (WW) Garlic Bread Fruit Milk/Water V	BBQ Chicken with Veggies Steamed Rice Fruit Milk/Water V- Rice with Mixed Veggies	Turkey & Cheese Sandwich (WW) Green Salad Fruit Milk/Water V- Grilled Cheese Sandwich	Bean & Cheese Burrito (WG) Mexican Rice Steamed Green Beans Fruit Milk/Water V	Chicken Patty Burger (WW) Potato Wedges Mixed Vegetables Fruit Milk/Water V - Cheese Fries
<b>Snack</b>	AM: Goldfish Crackers PM: Banana Slices Evening: Graham Crackers	AM: Ritz Crackers PM: Mandarin Oranges Evening: Kix Cereal	AM: String Cheese PM: Orange Slices Evening: Goldfish Crackers	AM: Pretzels PM: Apple Sauce Evening: Chex Mix	AM: Graham Crackers PM: Apple Slices Evening: Ritz Crackers
	<b>July 19</b>	<b>July 20</b>	<b>July 21</b>	<b>July 22</b>	<b>July 23</b>
<b>Breakfast</b>	Oatmeal (WG) Fruit Milk & Water	English Muffins (WW) Fruit Milk & Water	Cheerios Cereal (MG) Fruit Milk & Water	Bagel & Cream Cheese (WG) Fruit Milk & Water	All Bran Wheat Cereal Fruit Milk & Water
<b>Lunch</b>	Spaghetti with Marinara Sauce (WG) Steamed Green Beans Fruit Milk/Water V	Chicken Fried Rice Steamed Broccoli Fruit Milk/Water V- Fried Rice with Broccoli	Macaroni and Cheese (WW) Peas Fruit Milk/Water V	Teriyaki Chicken Steamed Rice Broccoli Fruit Milk/Water V- Broccoli Cheese Rice	Turkey Soft Tacos Refried Beans Mixed Vegetables Fruit Milk/Water V- Cheese Quesadilla
<b>Snack</b>	AM: Cereal Mix PM: Orange Slices Evening: Animal Crackers	AM: Cheese-It Crackers PM: Apple Slices Evening: Ritz Crackers	AM: Saltine Crackers PM: Apple Sauce Evening: Goldfish Crackers	AM: Goldfish Crackers PM: Orange Slices Evening: Graham Crackers	AM: Pretzels PM: Vanilla Pudding Evening: Saltine Crackers
	<b>July 26</b>	<b>July 27</b>	<b>July 28</b>	<b>July 29</b>	<b>July 30</b>
<b>Breakfast</b>	Wheat Toast with Jelly (WG) Fruit Milk	Waffles (WG) Fruit Milk & Water	All Frosted Mini Wheat Cereal Fruit Milk & Water	Hash Brown Fruit Milk	Yogurt Fruit Milk
<b>Lunch</b>	Cheese/Spinach Ravioli with Marinara Sauce Steamed Green Beans Garlic Toast Fruit Water/Milk V	Chicken Teriyaki Fried Rice (WG) Broccoli Fruit Milk/Water V - Broccoli Fried Rice	Chicken Nuggets Mashed Potatoes Corn Fruit Milk/Water V - Mashed Potatoes and Veggies	Turkey and Cheese Sandwich (WW) Mixed Veggies Fruit Milk/Water V - Grilled Cheese Sandwich	Turkey and Cheese Wrap with Lettuce and Sour Cream Corn Fruit Milk/Water V- Cheese Wrap
<b>Snack</b>	AM: Pretzels PM: Bananas Evening: Ritz Crackers	AM: Goldfish Crackers PM: Apple Sauce Evening: Graham Crackers	AM: Cheese-It Crackers PM: Apple Slices Evening: Animal Crackers	AM: Cereal Mix PM: Orange Slices Evening: Goldfish Crackers	AM: Graham Crackers PM: Mandarin Oranges Evening: Cheerios Cereal