	July				
Week 2	**Monday 5**	**Tuesday 6**	**Wednesday 7**	**Thursday 8**	**Friday 9**
Breakfast	**Closed**	Cream cheese bagel	Waffles	Pancakes	Mandarins
7:00AM	**for**	Strawberries	Bananas	Applesauce	Frosted Mini-Wheats
	Observance	Milk	Milk	Milk	Milk
Snack	**of**	Apples	Wheat Thins	Triscuit crackers	Cheese cubes
9:30A	**Independence**	Oatmeal Squares	Grapes	Apples	Craisins
	Day	Chicken Noodle Soup	Lentil Soup	Borsch-vegetarian soup	Tomato Soup
Lunch		Wheat thins	Whole wheat	Garlic breadsticks	Grilled cheese on
11:30AM		Garden salad	grilled cheese	Cheese cubes	Whole wheat bread
12:30PM		Pineapple	Grapes	Mandarins	Melon
		Milk	Milk	Milk	Milk
		Beef meatloaf	Mozzarella	Whole grain penne with	Ritz crackers
		Mash potato, pickles	Cheese Pizza	with Beef and	Turkey and Cheese
Supper		Wheat bread	Baked beans	Marinara	French fries
4:00P		Pears	Apples	Watermelon	Bananas
		Milk	Milk	Milk	Milk
Meals served include a greater variety of vegetables and fruit, more whole grains, and less added sugar and saturated fat.					
	Vegetable component	**Fruit component**	**Whole grain rich**	**1- 2y old-whole milk; 2 and over-1% milk**	
	This institution is an equal opportunity provider				

	July				
Week 3	**Monday 12**	**Tuesday 13**	**Wednesday 14**	**Thursday 15**	**Friday 16**
Breakfast	Melon	Oatmeal	Blueberry	Applesauce	Waffles
7:00AM	Multigrain cheerios	Applesauce	Special K strawberry	Berry Kix cereal	Apples
	cereal with milk	Milk	cereal with milk	Milk	Milk
Snack	Nilla wafers	Salsa	Oatmeal squares	Rice Krispies	Frosted mini wheats
	American cheese	Tortilla chips	Grapes	Milk	Grapes
	Chicken Soup with	Garbanzo soup	Chicken Mushroom soup	Beef Sausage and	Tomato soup
Lunch	Brown rice/bread	with vegetables	Cheese crackers	Vegetable Soup	Triscuit crackers
11:30AM	Cauliflower Frittata	Cheese Quesadilla	Potato tots	Cheese on bread	Turkey breast
12:30PM	Pears	Mixed fruit	Bananas	Pineapples	Honey dew
	Milk	Milk	Milk	Milk	Milk
	Macaroni and	Turkey and egg	Baked chicken	Whole wheat pasta	Beef franks
	Cheese	Fried rice	White rice	Beef Stroganoff	Bun
Supper	Baked beans	Cabbage salad	Tomatoes	Cucumber	Garden salad
4:00P	Mixed fruit	Mandarines	Bananas	Apples	Watermelon
	Milk	Milk	Milk	Milk	Milk
Meals served include a greater variety of vegetables and fruit, more whole grains, and less added sugar and saturated fat.					
	Vegetable component	**Fruit component**	**Whole grain rich**	**1 - 2y old-whole milk; 2 and over-1% milk**	
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	July				

Week 4	Monday 19	Tuesday 20	Wednesday 21	Thursday 22	Friday 23
Breakfast	Oatmeal	Bagels, cream cheese	Apples	Waffles	Strawberries
7:00AM	Applesauce	Grapes	Cheerios	Apples	Special K strawberry
	Milk	Milk	cereal with milk	Milk	cereal with milk
Snack	Rice Krispies	String Cheese	Oatmeal Squares	Corn tortilla chips	Yogurt
9:30A	Milk	Goldfish crackers	Bananas	Salsa	Graham crackers
	Split Pea Soup	Beef Barley Soup	Chicken Rice Soup	Borsch-veggie soup	Tomato Soup
Lunch	with Oatmeal	Cheese crackers	Wheat bread	Grilled cheese on	Grilled cheese/turkey
11:30AM	Grilled Cheese	Potato tots	Garden salad / egg	Whole wheat bread	Whole Wheat Bread
12:30PM	Applesauce	Grapes	Melon	Bananas	Pears
	Milk	Milk	Milk	Milk	Milk
Supper	Chicken Alfredo	Crunchy tacos	Turkey mushroom	Beef and cheese	Mozzarella cheese
	whole wheat routine	Beef, cheese, sour cream	whole grain pasta	quesadilla, corn	Pizza
4:00P	Cucumber	Black beans, Tomatoes	Steamed vegetables	salsa, sour cream	Baked Beans
	Peaches	Watermelon	Watermelon	Pears	Pineapple
	Milk	Milk	Milk	Milk	Milk
Meals served include a greater variety of vegetables and fruit, more whole grains, and less added sugar and saturated fat.					
	Whole grain rich	vegetable component	fruit component	**1 - 2y old-whole milk; 2 and over-1% milk**	
	This institution is an equal opportunity provider				

	July				
Week 1	Monday 26	Tuesday 27	Wednesday 28	Thursday 30	Friday 31
Breakfast	Waffles	Pancakes	Kix cereal	Cheerios	Oatmeal squares
7:00AM	Applesauce	Blueberries	Applesauce	Bananas	Strawberries
	Milk	Milk	Milk	Milk	Milk
Snack	Apples	Mixed fruit	Oatmeal squares	Yogurt	String cheese
9:30A	Triscuit crackers	Rice Krispies	Baked apples/pumpkin	Cheese Crackers	Raisins
	Chicken Noodle Soup	Zesty Vegetable	Broccoli Cheddar Soup	Spinach Egg Soup	Tomato soup
Lunch	Wheat thins	Beef Soup	Triscuit crackers	Multi-Grain crackers	Mozzarella cheese
11:30AM	Garden salad	Whole wheat bread	Turkey breast	American cheese	flatbread
12:30PM	Honey dew	Grapes	Pears	Pineapples	Apples
	Milk	Milk	Milk	Milk	Milk
Supper	Turkey and egg	Macaroni and	Sloppy Joe	Chicken Stir Fry	Loaded Nachos
	Fried rice	Cheese	Sliders	White rice	Cheese, Sour cream
4:00 P	Garden Salad	Baked beans	Cucumber	Asian Vegetables	Tomato, Beans, Salsa
	Watermelon	Peaches	Bananas	Mandarines	Grapes
	Milk	Milk	Milk	Milk	Milk
Meals served include a greater variety of vegetables and fruit, more whole grains, and less added sugar and saturated fat.					
	whole grain rich	vegetable component	fruit component	**1 - 2y old-whole milk; 2 and over-1% milk**	
	This institution is an equal opportunity provider				