


July Menu 2023

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|------------------|--|---|---|--|---|
| Breakfast | Blueberry Muffins, Applesauce, Milk/Water 3 |  | Nutrigrain Bars, Blueberries, Milk/Water 5 | Waffles, Apple Slices, Milk/Water 6 | Cereal, Bananas, Milk/Water 7 |
| Lunch | Cheese Quesadilla, Corn, Mixed Fruit, Milk/Water | | Chicken Nuggets, Mixed Vegetables, Oranges, Milk/Water | Beef Ravioli, Corn, Oranges, Milk/Water | Cheeseburgers, Sweet Potato Tots, Peaches, Milk/Water |
| PM Snack | Goldfish & Water | | Vanilla Wafers & Water | Saltine Crackers, Sliced Cheese & Water | Graham Crackers & Water |
| Breakfast | Pancakes, Applesauce, Milk/Water 10 | French Toast Sticks, Diced Mangos, Milk/Water 11 | Bagels w/ Cream Cheese, Blueberries, Milk/Water 12 | English Muffins w/ Jelly, Apple Slices, Milk/Water 13 | Cheese Toast, Bananas, Milk/Water 14 |
| Lunch | Turkey Cheese Roll Up, Tator Tots, Oranges, Milk/Water | Sweet and Sour Chicken, Mixed Vegetables, Pineapples, Milk/Water | Chef's Choice, Peas, Pears, Milk/Water | Chicken Alfredo, Green Beans, Peaches, Milk/Water | Beefy Mac, Fruit, Vegetable, Milk/Water |
| PM Snack | Fig Newton & Water | Scooby Doo Crackers & Water | Mixed Berry Animal Crackers & Water | Ritz Sandwich Crackers & Water | Chex Mix & Water |
| Breakfast | Blueberry Muffins, Applesauce, Milk/Water 17 | Cinnamon Toast, Diced Mangos, Milk/Water 18 | Nutrigrain Bars, Blueberries, Milk/Water 19 | Waffles, Apple Slices, Milk/Water 20 | Cereal, Bananas, Milk/Water 21 |
| Lunch | Grilled Turkey and Cheese Sandwich, Baked Beans, Peaches, Milk/Water | Turkey Tacos, Pinto Beans, Oranges, Milk/Water | Fish Sticks, Corn, Pears, Milk/Water | Pizza, Carrots, Pineapple, Milk/Water | Salisbury Steak, Mashed Potatoes, Mixed Fruit, Milk/Water |
| PM Snack | Goldfish & Water | Teddy Grahams & Water | Vanilla Wafers & Water | Saltine Crackers, Sliced Cheese & Water | Graham Crackers & Water |
| Breakfast | Pancakes, Applesauce, Milk/Water 24 | French Toast Sticks, Diced Mangos, Milk/Water 25 | Bagels w/ Cream Cheese, Blueberries, Milk/Water 26 | English Muffins w/ Jelly, Apple Slices, Milk/Water 27 | Cheese Toast, Bananas, Milk/Water 28 |
| Lunch | Grilled Cheese Sandwich, Carrots, Pears, Milk/Water | Chicken Sandwich, Peas, Peaches, Milk/Water | Chef's Choice, Green Beans, Oranges, Milk/Water | Rotini w/ Meat Sauce, Peas, Pineapple, Milk/Water | BBQ Chicken Sandwiches, Fruit, Vegetable, Milk/Water |
| PM Snack | Fig Newton & Water | Scooby Doo Crackers & Water | Mixed Berry Animal Crackers & Water | Ritz Sandwich Crackers & Water | Chex Mix & Water |
| Breakfast | Blueberry Muffins, Applesauce, Milk/Water 31 | 1 | 2 | 3 | 4 |
| Lunch | Cheese Quesadilla, Corn, Mixed Fruit, Milk/Water | | | | |
| PM Snack | Goldfish & Water | | | | |

*Menu is subject to change