

JULY MENU

GREEN = Wheat, Whole-Grain, & Multi-Grain Items RED = Vegetarian Option PURPLE = Infant/2 Yr Old Substitution

Meatless MONDAY		Taco TUESDAY		Chicken WEDNESDAY		Sammy THURSDAY		Fun FRIDAY	
29-Jun		30-Jun		1		2		3	
AM Snack	Chef's Choice Day	WG Mini Bagel, Cream Cheese, 1% Milk - Whole Milk		WG Cereal Oatmeal Bar, 1% Milk - Whole Milk		WG French Toast Sticks, 1% Milk - Whole Milk		Chef's Choice Day	
Lunch	Chef's Choice Day	Turkey/Beef Tacos on WG Tortilla (Veggie Crumbles), Diced Peas, Green Beans, 1% Milk - Whole Milk		WG Chicken Nuggets (WG Vegan Chicken Nuggets), Tropical Fruit, Sweet Peas, 1% Milk, Whole Milk		Cheeseburger on WG Bun (Vegetarian Griller), Potato Coins, Diced Peaches, 1% Milk - Whole Milk		Chef's Choice Day	
PM Snack	Chef's Choice Day	Strawberry Yogurt, Water		Cucumber Slices, Hummus, Water - Diced Cucumber		Mozzarella String Cheese, Water - WG Toasted Oats		Chef's Choice Day	
7		8		9		10			
AM Snack	WG Waffle, WG Veggie Eggroll, Sweet Peas, Tropical Fruit, 1% Milk, Whole Milk	WG Cereal, 1% Milk - Whole Milk		Yogurt, 1% Milk, Whole Milk		WG Banana Loaf, 1% Milk - Whole Milk		WG Cereal, 1% Milk - Whole Milk	
Lunch	WG Vanilla Graham Bears, Water	Chicken Taco, Diced Mango, Corn, 1% Milk, Whole Milk		WG Chicken Patty (Vegan Nuggets), Diced Carrots, Diced Peas, 1% Milk, Whole Milk		Turkey Burger on WG Bun (Vegetarian Griller), Pineapple Tidbits, Green Beans, 1% Milk, Whole Milk		Breakfast for Lunch - WG Pancake, Turkey Sausage Patty (Veggie Crumbles), Mandarin Oranges, 1% Milk - Whole Milk	
PM Snack	WG Vanilla Graham Bears, Water	Fresh Apple Slices, Water, Applesauce		Townhouse Crackers, American or Cheddar Cheese Slice, Water		Cucumber Slices, Tzatziki Dip, Water - Diced Cucumber Slices		Watermelon Smoothie Bowl, Diced Peaches, Water	
13		14		15		16		17	
AM Snack	Chef's Choice Day	WG French Toast Sticks, 1% Milk, Whole Milk		WG Cereal Oatmeal Bar, 1% Milk - Whole Milk		Yogurt, 1% Milk, Whole Milk		WG Blueberry Loaf, 1% Milk, Whole Milk	
Lunch	Chef's Choice Day	WG Pancake "Taco" Turkey Sausage (Vegan Crumbles), Diced Peaches, Sweet Peas, 1% Milk - Whole Milk		Roasted Chicken (WG Pasta Salad, (Vegan Nuggets), Pineapples, Diced Carrots, 1% milk - Whole Milk		Sloppy Joe Sammy (Vegan Griller), Mixed Veggies, Fruit Cocktail, 1% Milk - Whole Milk		MYO Pizza, Diced Carrots, Fruit Mix, 1% Milk, Whole Milk	
PM Snack	Chef's Choice Day	WG Vanilla Graham Bears, Water		WG Rice Cake, Sunbutter, Graham Cracker, Water		Mozzarella String Cheese, Water - Diced Mandarin Oranges		Frozen Fruit Push Pop, Mandarin Oranges	
20		21		22		23		24	
AM Snack	WG Apple Cinnamon Loaf, 1% Milk, Whole Milk	WG Cereal, 1/2 Banana, 1% Milk - Whole Milk		WG Oatmeal Cereal Bar, 1% Milk, Whole Milk		WG French Toast Sticks, 1% Milk - Whole Milk		WG Cereal, 1% Milk, Whole Milk	
Lunch	Grilled Cheese on WG Bread, String Beans, Diced Peaches 1% Milk, Whole Milk	WG Beef/Turkey Tacos (Vegan Crumbles), Broccoli, Applesauce, 1% Milk, Whole Milk		BBQ Chicken on WG Slider (Vegan Nuggets), Peas & Carrots, Tropical Fruit, 1% Milk, Whole Milk		Chicken Patty Sammy (Vegan Griller) on WG Bread, Diced Peas, Corn, 1% Milk - Whole Milk		Lunchable - WG Flatbread Turk/Cheese Stackers (Cheese), Mixed Veg, Pineapple, 1% Milk - Whole Milk	
PM Snack	WG Champ Bites, Water - Banana Snack Puffs	Fresh Apple Slices, Sunbutter, Water - Applesauce		WG Soft Pretzel Rod, Water - Snack Puffs		Townhouse Crackers, American Cheese Slice, Water		Ice Cream Cup WG Graham Crackers	
27		28		29		30		31	
Breakfast	WG Waffle, Mixed Berries 1% Milk - Whole Milk	WG Cereal, 1% Milk - Whole Milk		Yogurt, 1% Milk, Whole Milk		Chef's Choice Day		WG Cereal, 1% Milk - Whole Milk	
Lunch	WG Veggie Eggroll, Sweet Peas, Tropical Fruit, 1% Milk, Whole Milk	Chicken Taco, Diced Mango, Corn, 1% Milk, Whole Milk		WG Chicken Patty (Vegan Nuggets), Diced Carrots, Diced Peas, 1% Milk, Whole Milk		Chef's Choice Day		Breakfast for Lunch - WG Pancake, Turkey Sausage Patty (Veggie Crumbles), Mandarin Oranges, 1% Milk - Whole Milk	
PM Snack	WG Vanilla Graham Bears, Water	Fresh Apple Slices, Water, Applesauce		Townhouse Crackers, American or Cheddar Cheese Slice, Water		Chef's Choice Day		Frozen Fruit Push Up Pop Water	

Canned fruit are in natural juices.

Preschool Serving Size: Milk (6oz), Fruit/Vegetable (2oz), Protein (2oz), Grain (1/2 oz)

