

## Monthly Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3 AM: Fresh fruit with organic animal crackers L: Pasta with butter and Parmesan cheese, salad, fresh fruit & milk PM: Snack mix & apples	Closed for Independence Day!	5 AM: Graham crackers & milk L: Wow Butter & jelly sandwiches on whole wheat, Cheez-Its, fresh fruit & milk PM: Goldfish crackers & raisins	6 AM: Cereal & milk L: Cheese pizza, green beans, orange slices & milk PM: apple slices & Cheez-Its	7 AM: Quaker cereal bar & milk L: Chicken taquitos, rice pilaf, orange slices & milk PM: Cheese sticks & fresh fruit
10 AM: Toasted bagel and milk L: Pasta with marinara sauce, mixed veggies & milk PM: Orange slices & graham crackers	11 AM: Low fat yogurt & organic animal crackers L: Grilled cheese on whole wheat, carrots, fresh fruit & milk PM: Unsweetened applesauce and Club crackers	12 AM: Graham crackers & bananas L: Cheesy scrambled eggs, tater tots, fresh fruit & milk PM: Snack mix & fresh fruit	13 AM: Cereal & milk L: Turkey and cheese sandwiches on whole wheat, Cheez-Its, oranges & milk PM: Cheese sticks & Club crackers	14 AM: French toast sticks and fresh fruit L: Sloppy Joes, fresh fruit, green beans & milk PM: Pretzels & raisins
17 AM: Whole wheat toast & milk L: Macaroni and Cheese, green peas & milk PM: Fresh fruit & organic animal crackers	18 AM: Low fat yogurt & Graham crackers L: Cheese quesadilla, vegetarian refried beans, fresh fruit & milk PM: Cheese slices & crackers	19 AM: Fresh fruit & Graham crackers L: Fish sticks, rice pilaf, fresh fruit & milk PM: Goldfish crackers & raisins	20 AM: Toasted English muffin& milk L : Chicken nuggets, mashed potatoes, apples & milk PM: Goldfish and fresh fruit	21 AM: Fresh fruit with organic animal crackers L: Turkey hot dog, French fries, oranges & milk PM: String cheese & Ritz crackers
24 AM: Cereal & milk L: Vegetarian bean and cheese burritos, apples & milk PM: Fresh fruit & graham crackers	25 AM: Low fat yogurt & organic animal crackers L: Turkey and cheese slices with crackers, fresh fruit & milk PM: Pretzels & oranges	26 AM: Cereal & milk L: Chicken taquitos, vegetarian refried beans, fresh fruit & milk PM: Snack mix & fresh fruit	27 AM: Toasted bagels and fresh fruit L: Cheese Tortellini, mixed veggies & milk PM: Fresh fruit & Goldfish crackers	28 AM: Fresh fruit and organic animal crackers L: Wow Butter & jelly sandwiches on whole wheat, Cheez-Its, fresh fruit & milk PM: string cheese & Club crackers
31 AM: Quaker cereal bar & milk L: Grilled cheese on whole wheat, carrots, fresh fruit & milk PM: Pretzels & raisins				