

July Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 AM: Low-Fat Yogurt & Graham Crackers</p> <p>L: Grilled cheese, carrots, fresh fruit & milk</p> <p>PM: Apple Slices & Pretzels</p>	<p>2 AM: Cinnamon Toast & Milk</p> <p>L: Mac 'N Cheese, mixed veggies, fresh fruit & milk</p> <p>PM: Goldfish Crackers & Raisins</p>	<p>3 AM: Waffles & Bananas</p> <p>L: Chicken corn dogs, green beans, fresh fruit & milk</p> <p>PM: Fresh Fruit & Snack Mix</p>	<p>4</p> 	<p>5 AM: Cheerios & Milk</p> <p>L: Chicken Nuggets, mashed potatoes, mixed veggies & milk</p> <p>PM: String Cheese & Club Crackers</p>
<p>8 AM: Toasted Bagel & Cream Cheese</p> <p>L: Fish sticks, rice, carrots, peas & milk</p> <p>PM: Goldfish Crackers & Raisins</p>	<p>9 AM: English Muffin w/ Jelly & Milk</p> <p>L: Pasta Alfredo, steamed broccoli, fresh fruit & milk</p> <p>PM: Snack Mix & Fresh Fruit</p>	<p>10 AM: Pancakes & Fresh Fruit</p> <p>L: Scrambled eggs, tater tots, fresh fruit & milk</p> <p>PM: String Cheese & Club Crackers</p>	<p>11 AM: Cereal Bars & Milk</p> <p>L: Cheese pizza, green beans, fresh fruit & milk</p> <p>PM: Pretzels & Fresh Fruit</p>	<p>12 AM: French Toast Sticks & Milk</p> <p>L: Grilled cheese sandwiches, fresh fruit & milk</p> <p>PM: Graham Crackers & Fresh Fruit</p>
<p>15 AM: Cinnamon Toast & Milk</p> <p>L: Fish sticks, tator tots, fresh fruit & milk</p> <p>Pm: Pita Triangles & Hummus</p>	<p>16 AM: Low-Fat Yogurt & Graham Crackers</p> <p>L: Cheese pizza, green beans, fresh fruit & milk</p> <p>PM: Snack Mix & Raisins</p>	<p>17 AM: Fig Bars & Milk</p> <p>L: Cheese quesadillas, vegetarian refried beans, fresh fruit & milk</p> <p>PM: String Cheese & Club Crackers</p>	<p>18 AM: Fig Bars & Milk</p> <p>L: Pasta Alfredo, mixed veggies, fresh fruit & milk</p> <p>PM: String Cheese & Club Crackers</p>	<p>19 AM: Cheerios & Milk</p> <p>L: Vegetarian bean & cheese burrito, fresh fruit & milk</p> <p>PM: Saltine Crackers & Fresh Fruit</p>
<p>22 AM: Toasted Bagel & Cream Cheese</p> <p>L: Turkey hot dog, tater tots, fresh fruit, & milk</p> <p>PM: String Cheese & Pretzels</p>	<p>23 AM: Pancakes & Fresh Fruit</p> <p>L: Turkey Sliders, fresh fruit, carrot sticks & milk</p> <p>PM: Graham Crackers & Fresh Fruit</p>	<p>24 AM: English Muffin w/ Jelly & Milk</p> <p>L: Chicken Taquitos, carrots, fresh fruit & milk</p> <p>PM: Crackers & Sliced Cheese</p>	<p>25 AM: Cereal Bars & Milk</p> <p>L: Pasta w/ marinara sauce, fresh fruit & milk</p> <p>PM: Pita Triangles & Hummus</p>	<p>26 AM: French Toast Sticks & Milk</p> <p>L: Cheese quesadillas, vegetarian refried beans, fresh fruit & milk</p> <p>PM: Goldfish Crackers & Raisins</p>
<p>29 AM: Cinnamon Toast & Milk</p> <p>L: Cheese pizza, green beans, fresh fruit & milk</p> <p>PM: Pretzels & Fresh Fruit</p>	<p>30 AM: Low-Fat Yogurt & Graham Crackers</p> <p>L: Vegetarian bean & cheese burrito, fresh fruit & milk</p> <p>PM: Goldfish Crackers & Fresh Fruit</p>	<p>31 AM: Waffles & Bananas</p> <p>L: Chicken Nuggets w/ BBQ dipping sauce, mashed potatoes, peas & milk</p> <p>PM: Graham Crackers & Fresh Fruit</p>		

Breakfast is over at 7:15 and is always fresh fruit, cold cereal, and milk.