


Meal Plan July 2019

Key: Breakfast, **Breakfast**,Lunch,Snack

	Mon	Tue	Wed	Thu	Fri	Info
Breakfast	1 Assorted Cereal/Fruit / Milk	2 French Toast Sticks / Milk	3 Assorted Cereal/Fruit / Milk	4 CLOSED FOR THE 4TH OF JULY 	5 Assorted Cereal/Fruit / Milk	*MENU ITEMS SUBJECT TO CHANGE*
Lunch	Fish Sticks Mixed Vegetables Pineapple / Milk	Pasta with Sauce & Cheese Roasted Broccoli Mandarin Oranges / Milk	Turkey & Cheese Sandwich Carrots Pears / Milk		Beef Tacos Corn Apple Slices / Milk	
<u>Snack</u>	<u>Oyster Crackers / String Cheese / Juice / Water</u>	<u>Teddy Grahams / Juice / Water</u>	<u>Ritz Bits with Cheese / Juice / Water</u>		<u>Chocolate Chip Cookies / Juice / Water</u>	
Breakfast	8 Assorted Cereal/Fruit / Milk	9 Pancakes / Fruit / Milk	10 Assorted Cereal/Fruit / Milk	11 Waffles / Fruit / Milk	12 Assorted Cereal/Fruit / Milk	*We use Whole grain pasta, Wheat Bread and Brown Rice in our lunches.
Lunch	Ham & Rolls Corn Peaches / Milk	Beef Nuggets Carrots Mixed Fruit / Milk	Hamburger on Bun Tater Tots Pineapple / Milk	Grilled Chicken Nuggets Green Beans Mandarin Oranges / Milk	Cheese Tortellini with Sauce Roasted Broccoli Pears / Milk	
<u>Snack</u>	<u>Oatmeal Cream Pies / Juice / Water</u>	<u>Wheat Crackers / Cheese Cubes / Juice / Water</u>	<u>Vanilla Graham Cracker Dots /Juice / Water</u>	<u>Chex Mix / Juice / Water</u>	<u>Fresh Fruit / Juice / Water</u>	
Breakfast	15 Assorted Cereal/Fruit / Milk	16 Mini Muffins / Yogurt / Milk	17 Assorted Cereal/Fruit / Milk	18 Sausage Biscuit / Fruit / Milk	19 Assorted Cereal/Fruit / Milk	***Indicates the lunch may contain Dairy**
Lunch	Steak Fingers Carrots Mixed Fruit / Milk	Meatballs and Macaroni Mixed Vegetables Pears / Milk	Cheese Quesadilla Corn Apple Slices / Milk	Sloppy Joe on Bun Green Beans Peaches / Milk	Grilled Chicken Salad (lettuce, corn & cheese) Pineapple / Milk	
<u>Snack</u>	<u>Whole Grain Goldfish / Juice / Water</u>	<u>Chocolate Chip Granola Bars / Juice / Water</u>	<u>Rich & Crisp Crackers / Juice /Water</u>	<u>Vanilla Wafers / Raisins / Juice /Water</u>	<u>Sun Chips / Juice / Water</u>	
Breakfast	22 Assorted Cereal/Fruit / Milk	23 Blueberry Pancakes / Milk	24 Assorted Cereal/Fruit / Milk	25 French Toast /Fruit / Milk	26 Assorted Cereal/Fruit / Milk	
Lunch	Meatloaf Mashed Potatoes Apple Slices / Milk	Turkey Roll ups Salad Mandarin Oranges / Milk	Chicken Nuggets Corn Pineapple / Milk	Hot Dog on Bun Mixed Vegetables Pears / Milk	Cheeseburger Casserole Carrots Mixed Fruit / Milk	
<u>Snack</u>	<u>Chocolate Animal Crackers / Juice / Water</u>	<u>Snack Mix / Juice / Water</u>	<u>Sugar Cookies / Juice / Water</u>	<u>Mini Pretzels / Juice / Water</u>	<u>Rice Krispy Treats / Juice / Water</u>	
Breakfast	29 Assorted Cereal/Fruit / Milk	30 Pancakes / Fruit / Milk	31 Assorted Cereal/Fruit / Milk	8/1 Waffles / Fruit / Milk	8/2 Assorted Cereal/Fruit / Milk	
Lunch	Mini Corn Dog Nuggets Roasted Broccoli Pears / Milk	Country Fried Steak Mashed Potatoes Pineapple / Milk	Turkey & Cheese Sliders Green Beans Apple Sauce / Milk	Chicken Patty Carrots Mixed Fruit / Milk	Cheese Pizza Mixed Vegetables Peaches / Milk	
<u>Snack</u>	<u>Cheese Crackers / Juice / Water</u>	<u>Fig Bars / Juice / Water</u>	<u>Ritz Crackers / String Cheese / Juice / Water</u>	<u>Oatmeal Cookies / Juice / Water</u>	<u>Saltine Crackers / Raisins / Juice /Water</u>	