

July Menu 2024

Monday

1 B: Cornflakes, Peaches, Milk

L: Turkey & Cheese Roll Ups, Dill Pickle, Tropical Fruit and Milk

S: Graham Crackers, Chocolate Pudding and Water

Tuesday

2 B: Cereal Bars, Bananas, Milk

L: Soft Taco, Whole Kernel Corn, Diced Pineapple, Milk

S: Breadsticks, Marinara Sauce, Water

Wednesday

3 B: Mini Wheats, Diced Pears, Milk

L: Sloppy Joe Sandwich, Enriched Bun, Mixed Vegetables, Tropical Fruit, Milk

S: Soft Pretzel, Cream Cheese, Water

Thursday

CLOSED

Friday

5 B: Cheerios Oat Crunch, Pineapple Tidbits, Milk

L: Bagel Pizza Bites, Broccoli, Mandarin Oranges, Milk

S: Wheat Thin Crackers, Mozzarella String Cheese, Water

8 B: Special K Cereal, Pears, Milk

L: All Beef Meatball Sub, Enriched Bun, Green Beans, Apple Slices, Milk

S: Vanilla Pudding, Vanilla Wafers, Water

9 B: Blueberry Muffin, Diced Peaches, Milk

L: Chicken Alfredo, Broccoli Normandy, Diced Pineapple, Milk

S: Assorted Yogurt, Animal Crackers, Water

10 B: Rice Crispies Cereal, Mandarin Oranges, Milk

L: Chicken Nuggets, Dinner Roll, Corn, Pears, Milk

S: Marble Cheese Sticks, Ritz Crackers, Water

11 B: Donuts, Bananas, Milk

L: Macaroni and Cheese, Turkey Slice, Broccoli, Diced Fruit Cocktail and Milk

S: Tortilla Chips, Mild Salsa, Water

12 B: Life Cereal, Applesauce, Milk

L: Ravioli, Shredded Cheese, Mixed Vegetables, Pineapple Tidbits, Milk

S: Brownie

15 B: Raisin Bran Crunch, Tropical Fruit, Milk

L: French Toast Sticks, Tater Tots, Turkey Sausage, Diced Peaches, Milk

S: Soft Pretzel, Cream Cheese, Water

16 B: Cereal Bars, Bananas, Milk

L: Soft Taco, Whole Kernel Corn, Diced Pineapple, Milk

S: Breadsticks, Marinara Sauce, Water

17 B: Cheerios Oat Crunch, Pears, Milk

L: Bagel Pizza Bites, Broccoli, Mandarin Oranges, Milk

S: Wheat Thin Crackers, Mozzarella String Cheese, Water

18 B: Assorted Muffins, Tropical Fruit, Milk

L: All Beef Hot Dogs, Enriched Bun, French Fries, Pears, Milk

S: Graham Crackers, Strawberry Cream Cheese, Water

19 B: Banana Bread, Diced Pineapple, Milk

L: BBQ Chicken Sandwich, Peas and Carrots, Mandarin Oranges, Milk

S: Ice Cream Social, Ice Cream Sandwich

22 B: Cheerios Cereal, Pears, Milk

L: Baked Beans and Diced All Beef Hotdogs, Dinner Roll, Diced Peaches, Milk

S: Ritz Crackers, Marble Cheese Stick, Water

23 B: Blueberry Bread, Fruit Cocktail, Milk

L: Ravioli, Shredded Cheese, Mixed Vegetables, Pineapple Tidbits, Milk

S: Vanilla Pudding, Vanilla Wafers, Water

24 B: Special K Cereal, Tropical Fruit, Milk

L: Macaroni and Cheese, Turkey Slice, Broccoli, Diced Pears, Milk

S: Tortilla Chips, Mild Salsa, Water

25 B: Donuts, Banana, Milk

L: Chicken Nuggets, Dinner Roll, Corn, Fruit Cocktail, Milk

S: Assorted Yogurt, Animal Crackers, Water

26 B: Rice Krispies Cereal, Mandarin Oranges, Milk

L: Soft Taco, Whole Kernel Corn, Diced Pineapple, Milk

S: Fudge Round, Milk

29 B: Raisin Bran Crunch, Tropical Fruit, Milk

L: French Toast Sticks, Tater Tots, Turkey Sausage, Diced Peaches, Milk

S: Soft Pretzel, Cream Cheese, Water

30 B: Blueberry Muffin, Diced Pears, Milk

L: Chicken Alfredo, Broccoli Normandy, Diced Pineapple, Milk

S: Assorted Yogurt, Animal Crackers, Water

31 B: Special K Cereal, Peaches, Milk

L: All Beef Meatball Sub, Enriched Bun, Green Beans, Apple Slices, Milk

S: Wheat Thin Crackers, Mozzarella Cheese Sticks, Water



Portion Sizes: 1-2 Years Old Breakfast: Milk 1/2 C, Fruit/Veg 1/4 C, Grain 1/2 Slice or 1/4 C Lunch: Meat 1 oz, Grain 1/2 Slices or 1/4 C, Milk 1/2 C Snacks: Milk 1/2 C, Fruit/ Veg 1/2 C Grain 1/2 Slice or 1/4 C, Meat 1/2 oz. 3-5 Years Old Breakfast: Milk 3/4 C, Fruit/Veg 1/2 C, Grain 1/2 Slice or 1/4 C Lunch: Meat 1 1/2 oz, Grain 1/2 Slice or 1/4 C Fruit/ Veg, 1/2 C Milk 3/4 C Snacks: Milk 1/2 C Fruit/Veg 1/2 C, Grain 1/2 Slice or 1/4 C Meat 1/2 oz 6-12 Years Old Breakfast: Milk 1 C, Fruit/Veg 1/2 C, Grain 1 Slice or 3/4 C Lunch: Meat 2 Oz, Grain 1 Slice or 1/2 C, Fruit/Veg 3/4 C, Milk 1 C, Snacks: Milk 1/2 C, Fruit/Veg 1/2 C, Grain 1/2 Slice or 1/4 C, Meat 1 oz Substitutions for Infants: Applesauce for Apple Slices. Animal Crackers, or Cereal Bars, or Graham Crackers for Chips & Salsa.