



JULY MENU



GREEN = Wheat, Whole-Grain, & Multi-Grain Items

PURPLE = 2 yr old Substitution

RED = Vegetarian Option

	Meatless MONDAY	Taco TUESDAY	Chicken WEDNESDAY	Sammy THURSDAY	Fun FRIDAY
	29-Jun	30-Jun	1	2	3
Breakfast	Chef's Choice Day	WG Cereal Oatmeal Bar, Applesauce, 1% Milk	WG Mini Bagel, Cream Cheese, 1% Milk	WG French Toast Sticks, 1/2 Banana, 1% Milk	SCHOOL CLOSED
Lunch	Chef's Choice Day	Turkey/Beef Tacos on WG Tortilla (Veggie Crumbles), Diced Pears, Corn, 1% Milk	WG Chicken Nuggets (WG Vegan Chicken Nuggets), Tropical Fruit, Sweet Peas, 1% Milk	Cheeseburger on WG Bun (Vegetarian Griller), Potato, Diced Peaches, 1% Milk	SCHOOL CLOSED
PM Snack	Chef's Choice Day	Graham Crackers, Strawberry Yogurt, Water -	Cucumber Slices, Ranch Dressing, Water	Wheat Thin Crackers, Mozzarella String Cheese, Water	SCHOOL CLOSED
	6	7	8	9	10
Breakfast	WG Waffle, Berries, 1% Milk	Diced Mangoes, Yogurt, 1% Milk	WG Cereal, Strawberry Slices, 1% Milk	WG Banana Loaf, Blueberries, 1% Milk	WG Cereal, 1/2 Banana, 1% Milk
Lunch	Ravioli, Sweet Peas, Tropical Fruit, 1% Milk	Chicken Taco, Corn, 1% Milk	WG Chicken Patty (Vegan Nuggets), Diced Carrots, Diced Pears, 1% Milk	Turkey Burger on WG Bun (Vegetarian Griller), Pineapple Tidbits, Green Beans, 1% Milk	Breakfast for Lunch - WG Pancake, Turkey Sausage Patty (Veggie Crumbles), Mandarin Oranges, 1% Milk
PM Snack	WG Vanilla Graham Bears, Mandarin Oranges, Water	Fresh Apple Slices, Sunbutter, Water Applesauce, WG Tostitos	Townhouse Crackers, American or Cheddar Cheese Slice, Water	Cucumber Slices, Tzatziki Dip, Water - Diced Cucumber Slices	Watermelon Smoothie Bowl, WG Graham Crackers, Water
	13	14	15	16	17
Breakfast	Chef's Choice Day	WG Cereal Oatmeal Bar, 1% Milk	WG French Toast Sticks, Berry Mix, 1% Milk	Yogurt, Blueberries, 1% Milk	WG Blueberry Loaf, Diced Pears, 1% Milk
Lunch	Chef's Choice Day	WG Pancake "Taco" Turkey Sausage (Vegan Crumbles), Diced Peaches, Sweet Peas, 1% 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
PM Snack	Chef's Choice Day	Cucumber Slices w/Ranch, Water, Diced Cucumbers	WG Rice Cake, Sunbutter, Water	Fresh Apple Slices, Mozzarella String Cheese, Water - WG Toasted Oats & Diced Mandarin Oranges	Frozen Fruit Push Pop Animal Crackers, Water
	20	21	22	23	24
Breakfast	WG Oatmeal Cereal Bar, 1/2 Orange, 1% Milk	WG Cereal, 1/2 Banana, 1% Milk	WG Apple Cinnamon Loaf, Tropical Fruit, 1% Milk	WG French Toast Sticks, Berries, 1% Milk	WG Cereal, 1/2 Banana, 1% Milk
Lunch	Grilled Cheese on WG Bread, String Beans, Diced Peaches, 1% Milk	WG Beef/Turkey Tacos (Vegan Crumbles), Lettuce, Applesauce, 1% Milk, Whole Milk	BBQ Chicken on WG Slider (Vegan Nuggets), Carrots, Tropical Fruit, 1% Milk	Chicken Patty Sammy (Vegan Griller) on WG Bread, Diced Pears, Corn, 1% Milk	Lunchable - WG Flatbread Turk/Cheese Stacker (Cheese), Mixed Veg, Pineapple, 1% Milk
PM Snack	WG Champ Bites, Mandarin Oranges, Water	Fresh Apple Slices, Sunbutter, Water Applesauce, Graham Cracker	WG Pretzel, Applesauce, Water WG Vanilla Bear Graham	Townhouse Crackers, American Cheese Slice, Water	Ice Cream Cup, WG Graham Cracker, Water
	27	28	29	30	31
Breakfast	WG Waffle, Mixed Berries, 1% Milk	Diced Mangoes, Yogurt, 1% Milk	WG Cereal, Strawberry Slices, 1% Milk	Chef's Choice Day	WG Cereal, 1/2 Banana, 1% Milk
Lunch	WG Veggie Eggroll, Sweet Peas, Tropical Fruit, 1% Milk	Chicken Taco, Diced Peaches, Corn, 1% Milk	WG Chicken Patty (Vegan Nuggets), Diced Carrots, Diced Pears, 1% Milk	Chef's Choice Day	Breakfast for Lunch - WG Pancake, Turkey Sausage Patty (Veggie Crumbles), Mandarin Oranges, 1% Milk
PM Snack	WG Vanilla Graham Bears, Mandarin Oranges, Water	Fresh Apple Slices, Sunbutter, Water Applesauce, WG Tostitos	Townhouse Crackers, American or Cheddar Cheese Slice, Water	Chef's Choice Day	Frozen Fruit Push Up Pop, WG Graham Crackers, Water

Infant/Toddler Serving Key Size: Milk (4oz), Fruit/Vegetable (2oz), Protein (1oz), Grain (1/2 oz) Preschool Serving Size: Milk (6oz), Fruit/Vegetable (2oz), Protein (2oz), Grain (1/2 oz) Canned fruit are in natural juices.