July 2021 **FOOD MENU**



Monday	Tuesday	Wednesday	Thursday	Friday
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			Breakfast (6:30 - 8:30) Cheerios, Muffins, Fruit, Milk, Water AM Snacks: Suites 200 & 250 (9:15) Saltine Crackers Lunch (11:00-Onwards) Whole grain spaghetti w/turkey meat sauce, carrots, oranges, Milk	Breakfast (6:30 - 8:30) Pancakes, Syrup, Cheerios, Oranges, Milk/Water AM Snacks: Suites 200 & 250 (9:15) Graham Crackers Lunch (11:00-Onwards) Mexican chicken rice casserole (black beans, corn), applesauce, milk
			PM Snacks (2:00) Cheeze-Itz/Graham Crackers, Milk, Water Supper (5:00) Whole grain spaghetti w/turkey meat sauce, carrots, Milk, Fruit	PM Snacks (2:00) Graham Crackers, Milk, Water Supper (5:00) Mexican chicken rice casserole (black beans, corn), milk, Fruit
5	6	7	8	9
Breakfast (6:30 - 8:30) Corn Flakes, Apple Sauce, Milk/Water AM Snacks: Suites 200 & 250 (9:15) Breakfast Bar Lunch (11:00-Onwards) Veggie Baked Beans, Corn, Brown Rice, Pineapple, Milk PM Snacks (2:00) Honey Grams, Milk, Water Supper (5:00) Veggie Baked Beans, Corn, Brown Rice, Milk, Fruit	Breakfast (6:30 - 8:30) Biscuit, Fruit, Jelly, Corn Flakes, Milk/Water AM Snacks: Suites 200 & 250 (9:15) Saltine Crackers Lunch (11:00-Onwards) Chicken Nuggets, Green beans, Peaches, Milk PM Snacks (2:00) Animal Crackers, Milk, Water, Club Crackers Supper (5:00) Chicken Nuggets, Green beans, Milk, Fruit	Breakfast (6:30 - 8:30) French Toast Sticks, Syrup, Corn Flakes, Fruit, Milk/Water AM Snacks: Suites 200 & 250 (9:15) Ritz Crackers Lunch (11:00-Onwards) Turkey Mac Deep Dish (red beans, corn), applesauce, Milk PM Snacks (2:00) Goldfish Crackers/Ritz Crackers, Milk, Water Supper (5:00) Turkey Mac Deep Dish, applesauce, Milk, Fruit	Breakfast (6:30 - 8:30) Corn Flakes, Apple Sauce, Milk/Water AM Snacks: Suites 200 & 250 (9:15) Saltine Crackers Lunch (11:00-Onwards) Veggie chicken Rice, oranges, Milk PM Snacks (2:00) Honey Grams, Milk, Water Supper (5:00) Veggie chicken Rice, oranges, Milk	Breakfast (6:30 – 8:30) Pancakes, Syrup, Corn Flakes, Oranges, Milk/Water AM Snacks: Suites 200 & 250 (9:15) Graham Crackers Lunch (11:00-Onwards) Nacho cheese, Pinto beans, chips, fruit cocktail, Milk PM Snacks (2:00) Graham Crackers, Milk, Water Supper (5:00) Nacho cheese, Pinto beans, chips, fruit cocktail, Milk
12	13	14	15	16
Breakfast (6:45-8:30) Cheerios, Apple Sauce, Milk/Water AM Snacks: Suites 200 & 250 (9:15) Breakfast Bar Lunch (11:00-Onwards) Mac & Cheese w/chicken, carrots, pineapple, Milk PM Snacks (2:00) Honey Grams, Milk, Water Supper (5:00) Mac & Cheese w/chicken, carrots, Milk, Fruit	Breakfast (6:45-8:20) Biscuits, Fruit, Jelly, Corn Flakes, Milk/Water AM Snacks: Suites 200 & 250 (9:15) Saltine Crackers Lunch (11:00-Onwards) Cheese pizza, peas, pears, Milk PM Snacks (2:00) Animal Crackers, Milk, Water/Milk, Club Crackers Supper (5:00) Cheese Pizza, peas, Milk, Fruit	Breakfast (6:45-8:30) French Toast Sticks, Syrup, Cheerios, Fruit, Milk/Water AM Snacks: Suites 200 & 250 (9:15) Ritz Crackers Lunch (11:00-Onwards) Black eyed peas, corn, brown rice, applesauce, Milk PM Snacks (2:00) Goldfish Crackers/Ritz Crackers, Milk, Water Supper (5:00) Black eyed peas, corn, brown rice, Milk, Fruit	Breakfast (6:45-8:30) Cheerios, Muffins, Fruit, Milk, Water AM Snacks: Suites 200 & 250 (9:15) Saltine Crackers Lunch (11:00-Onwards) Broccoli and chicken rice casserole, oranges, Milk PM Snacks (2:00) Cheeze-Itz/Graham Crackers, Milk, Water Supper (5:00) Broccoli and chicken rice casserole, Milk, Fruit	Breakfast (6:45-8:30) Pancakes, Syrup, Cheerios, Oranges, Milk/Water AM Snacks: Suites 200 & 250 (9:15) Graham Crackers Lunch (11:00-Onwards) Turkey fingers, rice pilaf, northern beans, fruit cocktail, Milk PM Snacks (2:00) Graham Crackers, Milk Supper (5:00) Turkey fingers, rice pilaf, northern beans, Milk,
19	20	21	22	23
Breakfast (6:45-8:30) Corn Flakes, Apple Sauce, Milk/Water AM Snacks: Suites 200 & 250 (9:15) Breakfast Bar Lunch (11:00-Onwards) Chicken nuggets, green beans, peaches, Milk PM Snacks (2:00) Honey grams, Milk, Water Supper (5:00) Chicken nuggets, green beans, Milk, Fruit	Breakfast (6:45-8:30) Biscuit, Jelly, Corn Flakes, Milk/Water AM Snacks: Suites 200 & 250 (9:15) Saltine Crackers Lunch (11:00-Onwards) Chicken marinara, black beans, pineapple, Milk PM Snacks (2:00) Animal Crackers, Milk, Water, Club Crackers Supper (5:00) Chicken marinara, black beans, Milk, Fruit	Breakfast (6:45-8:30) French Toast Sticks, Syrup, Corn Flakes, Fruit, Milk/Water AM Snacks: Suites 200 & 250 (9:15) Ritz Crackers Lunch (11:00-Onwards) Red Beans, Brown Rice, Corn, Pears, Milk PM Snacks (2:00) Ritz Crackers, Milk, Water, Goldfish Crackers Supper (5:00) Red Beans, Brown Rice, Corn, Pears, Milk	Breakfast (6:45-8:30) Corn Flakes, Muffins, Fruit, Milk, Water AM Snacks: Suites 200 & 250 (9:15) Saltine Crackers Lunch (11:00-Onwards) Chicken & gravy, Brown rice, peas, oranges, Milk PM Snacks (2:00) Cheeze-Itz/Graham Crackers, Milk, Water Supper (5:00) Chicken & gravy, Brown rice, peas, Milk, Fruit	Breakfast (6:45-8:30) Pancakes, Syrup, Cheerios, Oranges, Milk/Water AM Snacks: Suites 200 & 250 (9:15) Graham Crackers Lunch (11:00-Onwards) Veggie chicken rice, fruit cocktail, milk PM Snacks (2:00) Graham Crackers, Milk, Water Supper (5:00) Veggie chicken rice, milk, Fruit
26	27	28	29	30
Breakfast (6:45-8:30) Cheerios, Apple Sauce, Milk/Water AM Snacks: Suites 200 & 250 (9:15) Breakfast Bar Lunch (11:00-Onwards) Broccoli chicken noodle casserole, pineapple, Milk PM Snacks (2:00) Honey Grams, Milk, Water Supper (5:00) Broccoli chicken noodle casserole, pineapple, Milk	Breakfast (6:45-8:30) Biscuit, Jelly, Cheerios, Milk/Water AM Snacks: Suites 200 & 250 (9:15) Saltine Crackers Lunch (11:00-Onwards) Chicken Meatball Rice, Green Beans, Peaches, Milk PM Snacks (2:00) Animal Crackers, Milk, Water, Club Crackers Supper (5:00) Chicken Meatball Rice, Green Beans, Peaches, Milk	Breakfast (6:45-8:30) French Toast Sticks, Syrup, Cheerios, fruits, Milk/Water AM Snacks: Suites 200 & 250 (9:15) Ritz Crackers Lunch (11:00-Onwards) Cheese Pizza, Corn, Pears, Milk PM Snacks (2:00) Goldfish Crackers/Ritz Crackers, Milk, Water Supper (5:00) Cheese Pizza, Corn, Milk, Fruit	Breakfast (6:45-8:30) Cheerios, Muffins, Fruit, Milk/Water AM Snacks: Suites 200 & 250 (9:15) Saltine Crackers Lunch (11:00-Onwards) Whole Grain Spaghetti w/Turkey meat sauce, Carrots, Oranges, Milk PM Snacks (2:00) Cheeze-Itz/Graham Crackers, Milk/Water Supper (5:00) Whole Grain Spaghetti w/ turkey meat sauce, carrots, milk, fruit	Breakfast (6:45-8:30) Pancakes, Syrup, Corn Flakes, Oranges, Milk/Water AM Snacks: Suites 200 & 250 (9:15) Graham Crackers Lunch (11:00-Onwards) Mexican chicken rice casserole (black beans, corn), applesauce, milk PM Snacks (2:00) Graham Crackers, Milk, Water Supper (5:00) Mexican chicken rice casserole (black beans, corn), milk, Fruit