

Monday

Tuesday

Wednesday

Thursday

Friday

Breakfast

Pancake (Syrup & margarine),  
Fresh Sliced Apples,  
Milk

Fruity Cheerios Cereal,  
Fruit Cocktail,  
Milk

Blueberry muffins,  
Fresh sliced Orange  
Milk

Egg Patty,  
Whole Wheat Toast  
Diced Peach,  
Milk

Rice Crispy Cereal,  
Fruit Cocktail,  
Milk.

Lunch

Black Beans & White rice,  
Fish nuggets shapes,  
Mixed vegetables,  
Fruit Cocktail,  
Milk

Spaghetti with Ham  
(Sauce & Cheese)  
Peas and Carrots  
Apricot Halves  
Milk

Baked Chicken,  
Brown Rice,  
Sweet plantains,  
Diced Peach,  
Milk

Chicken Patty on a Bun,  
Lettuce & Tomatoes,  
Tater Tots,  
Apple Sauce,  
Milk

Split Peas  
White Rice, Meatballs  
(Sauce), Corn,  
Sliced Pears,  
Milk.

Snack

Assorted Crackers  
Apple Juice.

Go-Gurt  
Fruit Gummies

Grandma's Cookies  
Milk

Cheese Cubes,  
Saltine Crackers.

Mini Nilla Wafers  
Vanilla Ice-cream

WEEK 1

JULY

3<sup>RD</sup> – 7<sup>TH</sup>



Monday

Tuesday

Wednesday

Thursday

Friday

Breakfast

French toast Sticks  
(Syrup)  
Diced Peach  
Milk

Assorted Muffins (cc)  
Banana,  
Milk.

Plain Mini Bagel  
(Cream Cheese & Jelly)  
Pear  
Milk

Corn Flakes Cereal,  
Orange Sections,  
Milk.

Biscuit & Sausage,  
Seasonal Fruit,  
Milk

Lunch

Seasoned Red Beans,  
White Rice  
Chicken nuggets,  
Pineapple Tidbits  
Milk.

Macaroni with Meat (Cheese)  
Green Beans,  
Garlic Bread,  
Sliced Apples,  
Milk

Ham and Cheese Sandwich,  
Chicken Soup,  
Mixes Vegetables,  
Diced Peach,  
Milk

Baked Chicken,  
Brown Rice,  
Peas,  
Apple Sauce,  
Milk

Brown rice,  
Black Beans,  
Breaded Fish sticks,  
Diced Pears,  
Milk

Toddler Option: White Rice

Snack

Mini Sandies Cookies  
Orange Juice.

Ritz Crackers,  
Fruit Sorbet

Strawberry Fruit Bar  
Milk

Cheese Slices,  
Soft Tortilla

Goldfish Crackers,  
Go-gurt

WEEK 2

JULY

10<sup>TH</sup> - 14<sup>TH</sup>





Monday

Tuesday

Wednesday

Thursday

Friday

Breakfast

Kaiser Roll (Butter),  
Apricot Halves,  
Milk

Sliced Bread Toast  
(Peanut Butter)  
Fresh Pears,  
Milk

Mini Pancakes (Syrup)  
Banana,  
Milk

Cheese Omelet,  
Bread,  
Diced Peaches,  
Milk

Banana nuts mini muffin,  
Sliced Apples,  
Milk

Lunch

Beef Tacos, Soft Tortilla,  
Lettuce & Diced Tomatoes,  
Cheddar Cheese,  
Fruit Cocktail,  
Milk

Split Peas,  
White Rice,  
Chicken Popcorn,  
Sliced Pears,  
Milk

Fish Patty on a Bun  
Tomatoes,  
Baked sweet potatoes,  
Pineapple Tidbits,  
Milk

Congri (Black Beans)  
Meatballs,  
Mixes Vegetables,  
Apple Sauce,  
Milk

Spaghetti  
(Red Sauce & Cheese)  
Ham Patty,  
Green Beans  
Tropical Fruit Salad  
Milk

Snack

Assorted Mini Donuts,  
Milk

Assorted NutriGrain Bars,  
Apple Juice

Saltine Crackers,  
Cheese Cubes.

Blueberry muffins,  
Orange Juice

Go-gurt  
Rice Crispy Bar.

WEEK 3

JULY  
17<sup>TH</sup> – 21<sup>ST</sup>



Monday

Tuesday

Wednesday

Thursday

Friday

Breakfast

Corn Flakes Cereal,  
Mix Fruit Cocktail  
Milk

Cinnamon raising Bagel  
(Cream cheese & Jelly)  
Fresh Sliced Apples  
Milk

French toast Sticks,  
Diced Peach  
Milk

Biscuit & Sausage,  
Fresh Orange sliced,  
Milk

Kellogg's Crispy Cereal,  
Banana,  
Milk

Lunch

Lentil Soup,  
Brown Rice,  
Turkey Slice Ham,  
Green Beans,  
Apple Sauce,  
Milk

Chicken Patty on a Bun,  
Lettuce & Tomatoes,  
Bake sweet potatoes fries,  
Fruit Cocktail,  
Milk

Fettuccine  
(Sauce and Cheese)  
Chicken nuggets,  
Sliced Tomatoes,  
Sliced Peach,  
Milk

Ground Beef (picadillo)  
Brown rice,  
Beats and Carrots,  
Diced Peaches,  
Milk

Brown Rice with  
Mix vegetables,  
Fish sticks,  
Pineapple Tidbits,  
Milk

Snack

Cheese Sticks Strings,  
Wheat Crackers

Grandma's Cookies,  
Milk

Goldfish Cracker Pretzels,  
Assorted Juice

Ritz Crackers,  
Orange Juice.

Vanilla Ice-cream,  
Nilla Wafers.

