

July 2023 Breakfast						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
Week 1	Grapes WG toast Milk	Diced peaches Scrambled Eggs Milk	Kiwi WG Life Cereal Milk	Berries Yogurt Milk	Applesauce Pancakes Milk	1
2 Week 2	3 Banana WG Cheerios Milk	4 <i>Indep. Day</i> Avocado scrambled egg Milk	5 Mixed fruit WW Toast Turkey Bacon Milk	6 Strawberries Oatmeal Milk	7 apple slices Yogurt Milk	8
9 Week 3	10 Banana WG pancakes Milk	11 hash Brown Turkey Sausage Milk	12 Applesauce Hardboiled egg Milk	13 Waffles Banana Milk	14 Starfruit WG Mini Wheats Milk	15
16 Week 4	17 Apricot Scrambled Eggs Milk	18 Blueberries WG Waffles Milk	19 Diced pears Rice Krispie Cereal Milk	20 Hash browns Turkey Sausage Milk	21 Peach slices WG apple cinnamon muffin Milk	22
23 Week 5	24 Peaches Turkey bacon and egg frittata Milk	25 Grapes Honey Bunches of Oats Cinnamon Milk	26 Blueberry Oatmeal Milk	27 Cantaloupe Biscuits Milk	28 Mixed berries Yogurt Milk	29
30 Week 6	31 Bananas WG waffles Milk	WG Croissant egg sandwich Milk	Peaches Yogurt Milk	Raspberries Frosted mini wheat cereal Milk	Watermelon Bagels Milk	

Calendars with Holidays - USA [August](#), [September](#), [October](#)

All Juice is 100% fruit Juice

12 months through 23 months (1 year through 1 year and 11 months) Unflavored whole milk

2 years through 5 years (up to 6th birthday) Unflavored fat-free (skim) milk or Unflavored low-fat (1%) milk

6 through 12 years, unflavored fat-free (skim) milk or flavored fat-free (skim) milk or Unflavored low-fat (1%) milk

Water is available to children all day and at all meals

WG = Whole Grain; Whole Wheat= WW item; HM = Homemade

Menu is subject to change`

July 2023 Lunch/Dinner

August ►

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Week 1	Oven-Baked Parmesan Chicken Brussels sprouts Strawberries WG roll Milk	Bean Burrito Asparagus Oranges Milk WG TORTILLA	Sweet and sour chicken green beans Red peppers Cooked rice Milk	Macaroni and cheese Peas and carrots Chicken Nuggets Milk	Turkey Ham & cheese in WG pita pocket Green salad Sweet potato fries Milk	1
2 Week 2	3 Cheese pizza Cucumbers Apple slice Milk Cheese Stick	4 <i>Indep. Day</i> Turkey breast sandwich on WG bread Salad Milk	5 Baked chicken Brown rice Cauliflower Oranges watermelon Milk	6 Meatloaf Roasted Veggies Kiwi Corn bread Milk	7 Fish Filet Quinoa Tomatoes Pineapple Milk	8
9 Week 3	10 fish sticks Corn Blackberries Buttered noodles Milk	11 cheese pizza on WG Honeydew Zucchini Milk	12 Chicken chili Carrot coins Plums WG dinner roll Milk	13 Beef tips Broccoli WG noodles Raspberries Toasted Milk	14 Sloppy Joes Peaches Potato wedges WG Toasted bun Milk	15
16 Week 4	17 Meatball Gravy Egg noodles Green beans Apples Milk	18 Hot turkey sandwich WW bread Broccoli Plum milk	19 Chicken breast WW roll Mashed potatoes Cherries Milk	20 MorningStar® Garden Veggie WW Bun Corn Watermelon Milk	21 Tuna WG wrap Tomato cucumber salad Diced mango Milk	22
23 Week 5	24 WG Pizza w/Beef Pepperoni Spinach Salad W/ Creamy Italian Dressing Apple Slices Milk	25 Chicken Tenderloin Broccoli W/ Cheese Melon Cubes Milk	26 WG Penne W/ Chicken Alfredo Sweet Peas Blueberries Roll Milk	27 Chicken & Veggie Stir Fry, & Brown Rice Peaches Milk	28 BBQ Beef ColeSlaw Baked Beans WG Bun Milk	29
30 Week 6	31 Turkey & Cheese Sandwiches (WG bread) Red potatoes Pineapple	Spaghetti (WG noodle) Salad Clementine	Chili cauliflower Peas Cornbread Milk	Shredded chicken Cheese Bun WW Kiwi Garlic bread Milk	Grilled Cheese & tomato soup (WG Bread) Brussels Sprouts Blackberries	

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July 2023 Snack						
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Sun	Mon	Tue	Wed	Thu	Fri	Sat
Week 1 crackers	Guacamole Tortilla chips Water	Cheese cubes Grapes Water	Carrot sticks Hummus Water	Mini Muffin WG Strawberries Milk	Apricot halves Gold FVCFCV5 FCR	1 Fish
2 Week 2	3 Cucumber Slices Crackers Milk	4 <i>Indep. Day</i> English muffin soy butter Water	5 Bagel Chip Watermelon Milk	6 Yogurt strawberries Water	7 WG Melba toast Avocado Milk	8
9 Week 3	10 Kabobs (apple slices, cheese) Water	11 Yogurt Dip Bagel WG Water	12 Soft pretzel Pineapples Water	13 Soy butter Banana WG toast Water	14 Cheese slices Strawberries	15
16 Week 4	17 Salsamole (salsa with avocado) WG pita chips	18 Hardboiled egg Savory crackers	19 Cheese stick WG melba toast	20 Pineapple Snap peas	21 WG Blueberry Apples Milk	22 bread
23 Week 5	24 Soft pretzel Snap peas	25 Yogurt with Strawberries	26 Oat Muffin WG Cheese cubes	27 Cheese Stick WG crackers	28 Hummus cauliflower	29
30 Week 6	31 Strawberries Vanilla yogurt Water	Rice cakes Fruit salad Water	String cheese Apple Slices Water	Trial Mix Grapes Water	Strawberries Pretzel Sticks Water	

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