



July 2021

| Cycle Weeks | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | |
|--|---|---|---|--|---|---|
| | | | | 1 B- Rice Krispies/strawberries L - Mac & Cheese/Peas/Pears AM S -Graham & soy butter PM S - Rice Cakes/raisins | 2 B - Rice Krispies/fresh fruit L - Soy butter & Jelly sandwich Carrots/Applesauce AM S - Cottage Cheese/Chex Mix PM S - Nilla Wafers/Apples | |
| | 5  Closed | 6 B - Bagels/Cream cheese L - Chicken Nuggets Green Beans/Peaches AM S - Crackers/berries PM S - Rice Cakes w/ cream cheese | 7 B - Cheerios/Orange Slices L -Cheese Sandwich Corn/Pear AM S - Yogurt/fruit PM S - Fruit Kabobs & cheese | 8 B - English Muffin/Berries L - French Toast Stix/Ham Peas/Pineapple AN S - Grapes/Grahams PM S - Fruit/Veggie Crackers | 9 B - Blue berry muffin & milk L - Hot dogs/Mixed Veggies/Fruit cocktail AMS - Graham crackers and soy butter PM snack - Chex mix /fruit | |
| | 12 B -Bagels w/ Cream Cheese L - Spaghetti Peas/Pineapple AM S - Mixed Fruit/Rice Cakes PM S -Cottage Cheese & raisins | 13 B - Cheerios/orange slices L - Corn Dogs Mixed Veggies/Applesauce AM S - Apples/Veggie crackers PM S - Chex Mix/Fruit | 14 B - Toast & Jelly/Apple slices L Turkey Sandwich Corn/Peaches AM S - Nila Wafers/fruit PM S - Fruit Kabobs | 15 B - English muffin with soy butter/fruit L - Fish Sticks Green beans/Fruit Cocktail AM S - Graham Cracker/Fruit PM S - Apple slices/pretzels | 16 B - Rice Krispies/Fruit L - Pizza Rounds Carrots & Pears AM S - Animal crackers & fruit PM S - Cheese slices/Crackers | |
| | 19 B - Oatmeal & fruit L - Turkey Sandwich Peas/pears AM S -Fresh Fruit /Nilla Wafers PM S - Berry Parfaits | 20 B- Rice Krispies/Fresh Fruit L-Scrambled eggs Carrots/Applesauce AM S- Bananas/ animal crackers PM S- Veggies Straws/ Fruit | 21 B - English Muffins & Blueberries L - Ham sandwich Mixed veggies/Fruit Cocktail AM S -Raisins/Crackers PM S - Mini Rice Cakes/fruit | 22 B - Blue berry muffins/fresh fruit L - Pancakes & Ham Green Beans/Peaches AM S - Yogurt/Graham PM S - Apple Cars | 23 B - Toast & Jelly/Banana L - Cheese quesadillas/Corn & Pineapple AM S - Pretzels/Fruit PM S - Cheese and crackers | |
| B = Breakfast L = Lunch S = Snacks | 26 B - Bagels with cream cheese L - Hot dog/ Corn /Fruit Cocktail AM S -Cheese & Crackers PM S - Chex Mix/Fruit | 27 B - English muffins//fruit L - Spaghetti /Green beans/ Peas AM S - yogurt &fruit PM S - Veggie crackers/Fruit | 28 B - Cereal/ fruit L- Ham Sandwich /Carrots/Peaches Am S-Animal crackers/fruit Pm S-Apples/ cracker | 29 B-English Muffin & fruit L- Meatballs & noodles / Peas/Applesauce AM S -Fig Bars PM S - Yogurt & fruit | 30 B- Cheerios/Fresh Fruit L-Mac & Cheese /Green beans/Fruit Cocktail AM S- Bananas/ veggie crackers PM S- cottage cheese/ Fruit | Milk served with breakfast and lunch. Water for snacks unless otherwise stated |