



July 2024

Cycle Weeks	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	1 B – English Muffin/Berries L – Pancakes/Ham Peas/Pineapple AM S – Grapes/Grahams PM S – Fruit/Veggie Crackers	2 B – Blue berry muffin & milk L – Hot dogs/Mixed Veggies/Fruit cocktail AMS – Graham crackers and soy butter PM snack – Chex mix /fruit	3 B – Cheerios/Orange Slices L – Cheese Sandwich Corn/Pear AM S – Fig bar/fruit PM S – Fruit & cheese	4 CLOSED 	5 CLOSED	
	8 B –Bagels w/ Cream Cheese L – Spaghetti Peas/Pineapple AM S – Mixed Fruit/Rice Cakes PM S –Crackers & raisins	9 B – Cheerios/orange slices L – Corn Dogs Mixed Veggies/Applesauce AM S – Apples/Veggie crackers PM S – Chex Mix/Fruit	10 B – Toast & Jelly/Apple slices L - Turkey Sandwich Corn/Peaches AM S – Nila Wafers/fruit PM S – veggie straws & fruit	11 B – English muffin with soy butter/fruit L – Mac & cheese Green beans/Fruit Cocktail AM S – Graham Cracker/Fruit PM S – Apple slices/pretzels	12 B – Rice Krispies/Fruit L – Pizza Rounds Carrots & Pears AM S – Animal crackers & fruit PM S – Cheese slices/Crackers	
	15 B – Oatmeal & fruit L – Turkey Sandwich Peas/pears AM S –Fresh Fruit /Nilla Wafers PM S – Rice cakes & oranges	16 B- Rice Krispies/Fresh Fruit L-Scrambled eggs/toast Carrots/Applesauce AM S- Bananas/ animal crackers PM S- Veggies Straws/ Fruit	17 B – English Muffins & Blueberries L – Soy butter & Jelly Mixed veggies/Fruit Cocktail AM S –Raisins/Crackers PM S – Mini Rice Cakes/fruit	18 B – Blue berry muffins/fresh fruit L – Pancakes & Ham Green Beans/Peaches AM S – soy butter & Graham PM S – Apple & crackers	19 B – Toast & Jelly/Banana L – Cheese quesadillas/Corn & Pineapple AM S – Pretzels/Fruit PM S – Cheese and crackers	
	22 B – Bagels with cream cheese L – Soy butter & Jelly/ Corn /Fruit Cocktail AM S –Cheese & Crackers PM S – Chex Mix/Fruit	23 B – English muffins//fruit L – Spaghetti /Green beans/ Pears AM S – Club crackers t &fruit PM S – Veggie crackers/Fruit	24 B – Cereal/ fruit L- Ham Sandwich /Carrots/Peaches Am S-Animal crackers/fruit Pm S-Apples/ cracker	25 B-English Muffin & fruit L- Meatballs & noodles / Peas/Applesauce AM S –Fig Bars PM S – Nilla waferst & fruit	26 B- Cheerios/Fresh Fruit L-Fish Sticks /Green beans/Fruit Cocktail AM S- Bananas/ veggie crackers PM S- cucumbers & dip/ Fruit	
B = Breakfast L = Lunch S = Snacks	29 B - Bagels/Cream cheese L - Chicken Nuggets Green Beans/Peaches AM S – Crackers/berries PM S – Rice Cakes w/ cream cheese	30 B- Cereal & Fruit L- Mac & Cheese/ Corn/Pears AMS – Apples/soy butter PMS- Pretzels/fruit	31 B Toast/Jelly/Banana L – Soy butter & Jelly/Carrots/Mixed fruit AMS –Grapes & Grahams PMS – Cucumber & ranch			Milk served with breakfast and lunch. Water for snacks unless otherwise stated