
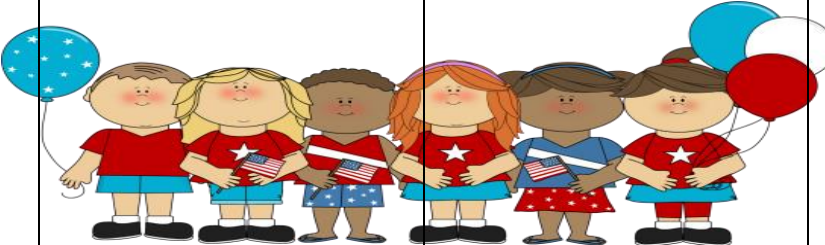

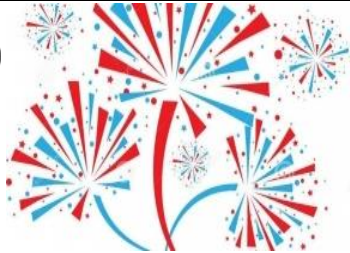


# July 2022

Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1</b> <b>Breakfast:</b> Whole Grain Cheerios, Banana, Milk/ Water <b>Lunch:</b> Grilled Cheese Sandwiches, Carrots, Orange Slices, Milk/ Water <b>PM Snack:</b> Trail Mix, 100% Fruit Juice/Water
<b>4</b> <b>Closed For Independence Day!</b>	<b>5</b> <b>Breakfast:</b> Waffle Sticks, Mandarin Oranges, Milk/ Water <b>Lunch:</b> Hamburger on Whole Wheat Bun, Mixed Vegetables, Peaches, Milk/Water <b>PM Snack:</b> Whole Wheat Club Crackers, Sliced Cheese, Water	<b>6</b> <b>Breakfast:</b> Beef Kolaches, Pears, Milk/ Water <b>Lunch:</b> Smoked Sausage, Baked Beans, Pineapple Chunks, Grain Rich Corn Bread, Milk/ Water <b>PM Snack:</b> String Cheese, Wheat Thins, Water	<b>7</b> <b>Breakfast:</b> Blueberry Muffin, Applesauce, Milk/ Water <b>Lunch:</b> Beef Spaghetti with Whole Grain Pasta, Garlic Bread, Peas, Peaches, Milk/ Water <b>PM Snack:</b> Blueberries, Pretzels, Water	<b>8</b> <b>Breakfast:</b> Whole Grain Kix, Banana, Milk/ Water <b>Lunch:</b> Fish Sticks, Broccoli, Sliced Pears, Whole Wheat Bread, Milk/ Water <b>PM Snack:</b> Cheese Itz, Apricots, Water
<b>11</b> <b>Breakfast:</b> Beef Kolaches, Peaches, Milk/ Water <b>Lunch:</b> Chopped Beef BBQ on Whole Wheat Bun, Peas, Fruit Cocktail, Milk/ Water <b>PM Snack:</b> Cucumber Slices with Ranch Dressing, Whole Grain Pita Crackers, Water	<b>12</b> <b>Breakfast:</b> Pancakes, Pan Sausage, Pears, Milk/ Water <b>Lunch:</b> Macaroni and Cheese, Green Beans, Pineapple, Whole Wheat Bread, Milk/ Water <b>PM Snack:</b> Flat Bread Crackers, Fresh Watermelon, Water	<b>13</b> <b>Breakfast:</b> Apple Muffins, Peaches, Milk/ Water <b>Lunch:</b> Beef Soft Taco, Brown Rice, Corn, Fruit Cocktail, Milk/ Water <b>PM Snack:</b> Apple Sauce, Graham Crackers, Water	<b>14</b> <b>Breakfast:</b> French Toast, Pineapple, Milk/ Water <b>Lunch:</b> Chicken Nuggets, Carrots, Diced Pears, Whole Wheat Bread, Milk/ Water <b>PM Snack:</b> Goldfish, Fresh Apples, Water	<b>15</b> <b>Breakfast:</b> Whole Grain Special K, Banana Milk/ Water <b>Lunch:</b> Turkey and Cheese Rollups, Zucchini, Fresh Cantaloupe, Milk/ Water <b>PM Snack:</b> Veggie Straws, 100% Fruit Juice/Water
<b>18</b> <b>Breakfast:</b> Biscuits, Bacon, Pineapple Tidbits, Milk/Water <b>Lunch:</b> Mini Corn Dogs, California Vegetables, Mandarin Oranges, Milk/ Water <b>PM Snack:</b> Whole Grain Cheez It Crackers, Applesauce, Water	<b>19</b> <b>Breakfast:</b> Cinnamon Waffles, Pears, Milk/ Water <b>Lunch:</b> Beef Fingers, Green Beans, Diced Peaches, Whole Wheat Bread, Milk/ Water <b>PM Snack:</b> Flatbread Crackers, String cheese, Water	<b>20</b> <b>Breakfast:</b> Blueberry Muffins, Fruit Cocktail, Milk/ Water <b>Lunch:</b> Chicken Sliders, Corn, Mandarin Oranges, Milk/ Water <b>PM Snack:</b> Whole Wheat Ritz Crackers, Sliced Cheese, Water	<b>21</b> <b>Breakfast:</b> Vanilla Yogurt Parfait Granola, Peaches, Milk/ Water <b>Lunch:</b> Grilled Cheese Sandwiches, Peas, Mixed Fruit, Milk/ Water <b>PM Snack:</b> Rice Cake, Cream Cheese, Blueberries, Water	<b>22</b> <b>Breakfast:</b> Whole Grain Cheerios, Bananas, Milk/ Water <b>Lunch:</b> Cheese Pizza, Carrots, Orange Slices, Milk/ Water <b>PM Snack:</b> Goldfish, Fresh Apples, Water
<b>25</b> <b>Breakfast:</b> French Toast, Pan Sausage, Fruit Cocktail, Milk/ Water <b>Lunch:</b> Hamburger on Whole Grain Bun, Zucchini Slices, Pineapple, Milk/ Water <b>PM Snack:</b> Vanilla Wafers, Peaches, Water	<b>26</b> <b>Breakfast:</b> Pancakes, Bacon, Mandarin Oranges, Milk/ Water <b>Lunch:</b> Chicken Nuggets, Mixed Vegetables, Peaches, Roll, Milk/ Water <b>PM Snack:</b> Saltine Crackers, Cucumber, ranch, Water	<b>27</b> <b>Breakfast:</b> Apple Muffins, Pineapple, Milk/ Water <b>Lunch:</b> Beef Lasagna, Broccoli, Sliced Peaches, Garlic Bread, Milk/Water <b>PM Snack:</b> Animal Crackers, Mandarin Oranges, Water	<b>28</b> <b>Breakfast:</b> Beef Kolaches, Blueberries, Milk/ Water <b>Lunch:</b> Chicken Patty, Green Beans, FCantaloupe, Whole Wheat Bread, Milk/ Water <b>PM Snack:</b> Thor Hammer Snack (Cubed Cheese, Pretzels), Water	<b>29</b> <b>Breakfast:</b> Whole Grain Kix Cereal, Bananas, Milk <b>Lunch:</b> Turkey and Cheese Rollups, Peas, Apple Slices, Milk/water <b>PM Snack:</b> Trail Mix, 100% Juice/water