

July 2025

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Breakfast: Eggs, Whole Wheat Toast, Peaches, Milk/Water Lunch: Beef and Cheese Tacos, Black Beans, Corn, Pineapple, Milk/Water PM Snack: Ritz Crackers, String Cheese, Water	2 Breakfast: Yogurt, Fresh Blueberries, Granola or Cheerios, Milk/ Water Lunch: Meatballs, Carrots, Whole Wheat Bread, Mixed Fruit, Milk/Water PM Snack: Fun with Food: Red, White and Blue Strawberries/Apples, Milk/Water	3 Breakfast: Whole Grain Waffles, Fresh Strawberries, Milk /Water Lunch: Whole Wheat Grilled Cheese Sandwich, Fresh Tomatoes, Peaches, Milk/ Water PM Snack: Bell Peppers/Cucumbers, Whole Wheat Club Crackers, Water	4 Closed For Independence Day!
7 Breakfast: Breakfast: Whole Wheat Bagel , WowButter, Sliced Apples, Milk/Water Lunch: Chicken Breast, Broccoli & Cauliflower, Pears,Whole Wheat Bread, Milk/Water PM Snack: Fresh Mandarin Oranges, Pretzels, Water	8 Breakfast: Eggs, Whole Wheat Toast, Peaches, Milk/Water Lunch: Beef and Cheese Tacos, Corn, Pineapple, Milk/Water PM Snack: Ritz Crackers, String Cheese, Water	9 Breakfast: Yogurt, Fresh Blueberries, Granola or Cheerios, Milk/ Water Lunch: Hamburgers, Baked Beans, Pickles, Mixed Fruit, Milk/Water PM Snack: Fun with Food: Graham Crackers, Banana and Wow Butter, Water	10 Breakfast: Whole Grain Pancakes, Fresh Strawberries, Milk/Water Lunch: Whole Grain Spaghetti with Meat Sauce, Fresh Garden Salad or Veggie Mix, Peaches, Milk/Water PM Snack: Bell Peppers/Cucumbers, Whole Wheat Club Crackers, Water	12 Breakfast: Whole Grain Cheerios, Fresh Banana, Milk/ Water Lunch: Turkey and Cheese Rollups, Tomatoes, Pineapple, Milk/Water PM Snack: Fresh Cantaloupe, Wheat Thins/ Ritz Crackers, Water
14 Breakfast: Blueberry Bagels, Cream Cheese, Sliced Apples, Milk/Water Lunch: Chicken Breast with Bun, Green Beans, Pears, Milk/Water M Snack: Fresh Mandarin Oranges, Pretzels, Water	15 Breakfast: Eggs, Whole Wheat Toast, Peaches, Milk/Water Lunch: Beef and Cheese Tacos, Black Beans, Corn, Pineapple, Milk/Water PM Snack: Ritz Crackers, String Cheese, Water	16 Breakfast: Yogurt, Fresh Blueberries, Granola or Cheerios, Milk/ Water Lunch: Meatballs, Carrots, Whole Wheat Bread, Mixed Fruit, Milk/Water PM Snack: Fun with Food: Bananas, Strawberries, Blueberries,and Graham Crackers, Water/Milk	17 Breakfast: Whole Grain Waffles, Fresh Strawberries, Milk /Water Lunch: Whole Wheat Grilled Cheese Sandwich, Fresh Tomatoes, Peaches, Milk/ Water PM Snack: Bell Peppers/Cucumbers, Whole Wheat Club Crackers, Water	18 Breakfast: Whole Grain Cheerios, Fresh Banana, Milk/ Water Lunch: Flatbread Cheese Pizza, Salad, Pineapple, Milk/Water PM Snack: Fresh Watermelon, Wheat Thins/ Ritz Crackers, Water
21 Breakfast: Breakfast: Whole Wheat Bagel , WowButter, Sliced Apples, Milk/Water Lunch: Chicken Breast, Broccoli & Cauliflower, Pears,Whole Wheat Bread, Milk/Water PM Snack: Fresh Mandarin Oranges, Pretzels, Water	22 Breakfast: Eggs, Whole Wheat Toast, Peaches, Milk/Water Lunch: Beef and Cheese Tacos, Corn, Pineapple, Milk/Water PM Snack: Ritz Crackers, String Cheese, Water	23 Breakfast: Yogurt, Fresh Blueberries, Granola or Cheerios, Milk/ Water Lunch: Hamburgers, Baked Beans, Pickles, Mixed Fruit, Milk/Water PM Snack: Fun with Food: Rms 1-3 - Blueberries, Mini Rice Cakes, Marshmallows, Milk/Water Rms 4-9 - Pretzels, Corn Chex Cereal, Marshmallows, Milk/Water	24 Breakfast: Whole Grain Pancakes, Fresh Strawberries, Milk/Water Lunch: Whole Grain Spaghetti with Meat Sauce, Fresh Garden Salad or Veggie Mix, Peaches, Milk/Water PM Snack: Bell Peppers/Cucumbers, Whole Wheat Club Crackers, Water	25 Breakfast: Whole Grain Cheerios, Fresh Banana, Milk/ Water Lunch: Turkey and Cheese Rollups, Tomatoes, Pineapple, Milk/Water PM Snack: Fresh Cantaloupe, Wheat Thins/ Ritz Crackers, Water
28 Breakfast: Blueberry Bagels, Cream Cheese, Sliced Apples, Milk/Water Lunch: Chicken Breast with Bun, Green Beans, Pears, Milk/Water M Snack: Fresh Mandarin Oranges, Pretzels, Water	29 Breakfast: Eggs, Whole Wheat Toast, Peaches, Milk/Water Lunch: Beef and Cheese Tacos, Black Beans, Corn, Pineapple, Milk/Water PM Snack: Ritz Crackers, String Cheese, Water	30 Breakfast: Yogurt, Fresh Blueberries, Granola or Cheerios, Milk/ Water Lunch: Meatballs, Carrots, Whole Wheat Bread, Mixed Fruit, Milk/Water PM Snack: Fun with Food: Rms 1-3 Rice Cake, yogurt, goldfish, Milk/Water. Rms 4-9 - Graham Crackers, Goldfish and Icing, Milk/water	31 Breakfast: Whole Grain Waffles, Fresh Strawberries, Milk /Water Lunch: Whole Wheat Grilled Cheese Sandwich, Fresh Tomatoes, Peaches, Milk/ Water PM Snack: Bell Peppers/Cucumbers, Whole Wheat Club Crackers, Water	

