

## July 2019 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Closed for Canada Day	Yogurt & Berries 2  Baked Fish, Rice, Corn, Carrots, Milk  Apples/ Cheese/Triscuits	Cheerios, Milk 3 Oranges  Beef/Veggie Quesadillas, Peppers, Sour Cream, Salsa, Rice, Milk,  Veggie Cream s & Dip	Melba Toast, Cream 4 Cheese, Watermelon  Cob Salad with chicken & avocado, Deluxe Pizza, Milk  Oatmeal Cookies, Applesauce	Toast, Eggs, Peaches 5  Chicken/Veggie/Noodle Soup, Sandwiches, Cucumber Slices, Milk  Bananas & Breadsticks
Cornflakes, Kiwi 8 Milk  Potato /Chicken Bake, Peas, Bread, Milk  Pea butter & Triscuits, Oranges	Plums, Yogurt 9  Salmon Nuggets, Rice, Corn, pepper slices, Milk  Fruit Fiesta & Trail mix	Bagels, Cream 10 Cheese, Apples  Tomato Macaroni Soup, Grilled Cheese Sandwiches Cucumber, milk  Bananas, Pumpkin Bread	Applesauce, Granola 11  Lasagna, Salad, Buns, Milk  Cheese, Crackers & Cucumber	Rice Crispies, Milk 12 Blueberries  French Toast, Strawberries, Roasted Sweet Potatoes, Milk  Pita, Cream Cheese & Cucumber
Cinnamon Toast, 15 Watermelon  Chicken/Veggie Quesadillas, Salsa, Broccoli Salad , Milk  Pears, Graham Wafers	English Muffins, 16 Cheese Chunks, Oranges  Meatballs, Rice. Corn Peas, Milk  Oranges & Cocoa Zucchini Bread	Yogurt, Apple 17 Granola  Hamburgers, Pasta Parmesan, Tomato Slices, Corn on the Cob, Milk  Mary's Crackers, Humus & Veggies	Cheerios, Milk 18 Bananas  Broccoli & Cheese & Quiche, Corn on the cob, Roasted Sweet Potatoes, Milk  Strawberries & Graham Wafers	Raisin Toast, Peaches 19  Chili, Buns, Raw Peppers, Milk  Apples & Frozen Fruit Yogurt Tubes Dip
English Muffins, 22 Cream Cheese, apples  Taco Bake, Bean Salad, Milk  Oatmeal/Raisin Cookies, Pears	Melba toast, Cream 23 Cheese, Applesauce  Spaghetti, Meat & Veggie Sauce, Garlic Bread, Salad, Milk  Triscuits, Cheese & Pears	Rice Crispies, Milk 24 Oranges  French Toast, Strawberries, Roasted Sweet Potato, Milk  Peaches & Trail Mix	Toasted Bagels & 25 Cream Cheese, Pears  Chicken, Corn, Rice, raw veggie, Milk  Fresh Fruit, Yogurt dip & granola	Fruit Bread, 26 Bananas  Mini Nan Bread Deluxe Pizza, Tomato Soup, Milk  Cheese, Crackers & veggies
Mini Wheat Cereal 29 Milk, Berries  Chicken/Veggie Quesadillas, Salsa, Sour Cream, Veggie Rice, Milk  Apples & Trail Mix	Yogurt, Granola, 30 Berries  Cob Salad, Broccoli & Cheese quiche  Pita, Humus & Cucumber	English Muffins 31 Pea Butter  Sub Sandwiches, Broccoli Salad, Milk  Apple sauce & granola	Toast, Eggs, Plums 1  Salmon Nuggets, Pasta Parm, Peas, raw veggie, Milk  Mary's Crackers, Cheese, Oranges	Fruit Bread, 2 Bananas  Potato/Sweet Potato wedges, Cheese Burgers, corn on the cob Milk  Watermelon, Frozen Yogurt Tubes

