

## July 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1  Closed for Canada Day	Mini Wheats, Milk 2 Berries  French Toast, (tods meatballs) Strawberries, Roasted Sweet Potatoes, Milk  Apples/ Cheese/Triscuits	Bagels, Milk 3 Oranges  Chicken/Veggie Quesadillas, Peppers, Sour Cream, Salsa, Brown Beans, Milk,  Frozen Yogurt tubes, fruit fiesta	Melba Toast, Cream 4 Cheese, Watermelon  Chili, Buns, raw yellow beans, Milk  Wow butter/Banana wraps	Toast, Eggs, Peaches 5 (Cheese for toddlers no egg)  Cob Salad with chicken, cheese & egg (no eggs for toddlers) Deluxe Pizza, Milk  Oatmeal Cookies, Applesauce
Cereal, Apples 8  Broccoli Cheddar Quiche, Caesar Salad, Milk  Graham Wafers, Oranges	Plums, Yogurt 9 Granola  Salmon Nuggets, Roasted Potatoes, pepper slices, Bread sticks, Milk  Water Melon & Trail mix	Bagels, Cream 10 Cheese, Berries  Chicken/Veggie Fajitas, Rice Pilaf Cucumber, milk  Bananas, Pumpkin Bread	Applesauce, Raisin 11 Toast  Tuna Macaroni Salad, Hamburgers, Cucumber, Lettuce, Milk  Cheese, Crackers & raw Beans	Rice Crispies, Milk 12 Blueberries  Sub Sandwiches, Broccoli Salad, Milk  Fruit Fiesta, Arrowroots
Cinnamon Toast, 15 Melon  Spaghetti, Meat & Veggie Sauce, Salad, Milk  Pears, Graham Wafers	English Muffins, 16 Berry Spread, Oranges  Ham /Cheese Quiche, Corn on the cob, Rice Pilaf, cucumbers, Milk  Pickles, cheese, crackers	Yogurt, granola 17 Strawberries  Meatballs, Mashed Potatoes, Peas, Bread, Milk  Ice Cream Cones, Berries	Cheerios, Milk 18 Bananas  Chicken/Veggie Quesadillas, Salsa, Sour Cream, Brown Beans, Milk  Plums Bread sticks	Raisin Toast, 19 Peaches  Sandwich Variety, Cob Salad, Raw Peppers, Milk  Oranges & Cocoa Zucchini Bread
English Muffins, 22 Eggs, apples  Taco Bake, Salsa, Sour Cream, Mexican Rice (tomatoes/beans/corn), Milk  Oatmeal/Raisin Cookies, Pears	Melba toast, Cream 23 Cheese, Plums  Chicken, Cooked Green Beans, Mac & Cheese, Peppers, Milk  Veggies, Dip, Crackers	Rice Crispies, 24 Milk, Oranges  Salmon Nuggets, Pasta Salad, Peas, Cucumbers, Milk  Peaches & Trail Mix	Toasted Bagels & 25 Cream Cheese, Pears  Cheeseburgers, Mac & cheese, Tomato Slices, Lettuce Chunks, Milk  Banana/wow butter wraps	Fruit Yogurt, 26 Granola  Pulled Pork, Buns, Corn on the Cob, Raw Peppers, Milk  Apples & Frozen Fruit Yogurt Tubes