## July 2025

| Monday  | Tuesday   | Wednesday   | Thursday   | Friday  |
|---|---|---|--|---|
| June 23. Raisin<br>Toast, Pears   | 24.Cheerios, milk<br>berries                              | 25.Yogurt, Fruit<br>Fiesta  | 26. Bagels, cream cheese, plums                                  | 27.<br>Oatmeal/craisins/apples                                    |
| Cream of chicken<br>soup, crackers<br>grilled cheese<br>sandwiches,<br>cucumber slices,<br>milk | Broccoli & cheese<br>quiche, rice,<br>pepper slices, milk | Sub Sandwiches,<br>Pasta salad zucchini<br>slices, milk                   | Chicken, pasta<br>parm, peas, corn,<br>milk                      | Chili, vegetable slices,<br>buns, milk                            |
| Molon trail mix   | Oranges, graham<br>wafers                                 | Apples, pretzel   | Bananas, wow   | Melba toast, cream  |
| Melon, trail mix<br>30. Cornflakes,<br>milk bananas   | July 1.   | crackers, cheese<br>2. Tea Biscuits,<br>berry spread, plums               | butter wraps<br>3. Apples Sauce,<br>granola.                     | cheese, watermelon<br>4English muffins eggs                       |
| French toast,<br>roasted potatoes,<br>strawberries, milk  | Closed  | Spaghetti, meat<br>sauce, salad, garlic<br>bread, milk                    | Ham & cheese<br>quiche, Mac&<br>cheese, cucumber<br>slices, milk | Taco bake, cooked<br>mixed vegetables, sour<br>cream, salsa, milk |
| Vegetable slices,<br>Triscuits, ritz<br>crackers.   |   | Apple slices,<br>cheese, ritz crackers                                    | Cantaloupe, trail<br>mix   | Apple crisp, ice cream  |
| 7. Toast, wow butter, apples  | 8. Blueberry<br>muffins, apple<br>sauce                   | 9. Raisin toast, berries  | 10. Vanilla yogurt,<br>granola,                                  | 11.Rice Crispies,<br>berries, milk                                |
| Scrambled eggs,<br>roasted potatoes,<br>pepper slices, milk<br>Pita bread,                      | Chicken pot pie,<br>buns, cucumber<br>slices              | Beef Barley soup,<br>sub sandwiches,<br>sliced peppers,<br>crackers, milk | Sheppard's pie,<br>salad, milk                                   | Salmon nuggets, Rice<br>pilaf, cucumber slices,<br>milk           |
| shredded cheese,<br>cucumbers   | Graham wafers<br>, oranges                                | Banana wow butter<br>wraps  | Pita bread, humus,<br>cucumbers                                  | Banana bread, pears   |