

## July 2026

| Monday                                                                                                                             | Tuesday                                                                                                                                 | Wednesday                                                                                                                                     | Thursday                                                                                                                          | Friday                                                                                                                       |
|------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------|
| <p>13. Cheerios, milk, bananas</p> <p>Ham, Macaroni &amp; cheese, Pepper slices, milk</p> <p>Veggies, dip, crackers</p>            | <p>14. Fruit yogurt, granola</p> <p>Meat loaf, mashed potatoes, peas, carrots, milk</p> <p>Apple sauce, bread sticks</p>                | <p>15. Rye toast, fruit spread, Eggs</p> <p>Chicken, veggie quesadilla, rice, salsa, sour cream, milk</p> <p>Fruit fiesta, rice crackers.</p> | <p>16. Oatmeal, apples, cinnamon</p> <p>Pulled pork, roasted potatoes, buns, corn, milk</p> <p>Cocoa zucchini bars, bananas</p>   | <p>17. Bagels, cream cheese, melon</p> <p>Lasagna, salad, garlic bread, milk</p> <p>Apple slices, cheese, ritz crackers.</p> |
| <p>20. English muffins, plums</p> <p>Chicken/vegetable soup, sandwiches, crackers, milk</p> <p>Yogurt tubes, graham wafers</p>     | <p>21. Cheerios, milk, oranges</p> <p>Cheese Burgers, lettuce, tomatoes, pasta salad, milk</p> <p>Apples, wow butter, ritz crackers</p> | <p>22. Bagels, cream cheese, berries</p> <p>Broccoli/cheese quiche, salad, bread, milk</p> <p>Oranges, trail mix</p>                          | <p>23. Banana Muffins, Apple sauce</p> <p>Chicken, fried rice, pepper slices, milk</p> <p>Nann bread, cream cheese, cucumbers</p> | <p>24. Toast with avocado</p> <p>Mini deluxe pizza, salad</p> <p>Trail mix, watermelon</p>                                   |
| <p>27. Vanilla yogurt, berries</p> <p>Scrambles eggs, roasted potatoes, peas, garlic toast, milk</p> <p>Oranges, graham wafers</p> | <p>28. Rye toast, blueberries</p> <p>Tomato macaroni soup, crackers, variety of sandwiches, milk</p> <p>Banana, wow butter wraps</p>    | <p>29. Bagels, cream cheese, apples</p> <p>Chicken/vegetable stew, sliced cucumbers, buns</p> <p>Oatmeal raisin cookies, melon</p>            | <p>30. Blueberry muffins, plums</p> <p>Salmon nuggets, pasta parmesan, peas, carrots, milk</p> <p>Vegetables dip, crackers</p>    | <p>31 Cornflakes, bananas, milk.</p> <p>Sub sandwiches, Potato salad, coleslaw, milk</p> <p>Cheese Crackers, apples.</p>     |