

## July Menu 2022

Monday

Tuesday

Wednesday

Thursday

Friday

					July 1
	4	5	6	7	8
	<b>REACH-UP CLOSED</b>	<b>CLASSROOMS CLOSED</b>	<b>CLASSROOMS CLOSED</b>	<b>CLASSROOMS CLOSED</b>	<b>CLASSROOMS CLOSED</b>
3	<b>Breakfast<sup>1</sup></b> 11 WG English Muffin Mixed Berries Egg Patty  <b>Lunch</b> WG Fish Nuggets WG Bread Stick Carrots Apple  <b>Snack<sup>2</sup></b> WG Granola Greek Vanilla Yogurt	<b>Breakfast<sup>1</sup></b> 12 WG Rhubarb Bread Pineapple  <b>Lunch<sup>1</sup></b> Chicken Roll Up WG Tortilla Shredded Chicken Shredded Cheese Romaine Spinach Salad Kiwi  <b>Snack<sup>2</sup></b> WG Corn Tortilla Chips Salsa Mozzarella Cheese Stick	<b>Breakfast<sup>1</sup></b> 13 WG Pancake Baked Apple Slices  <b>Lunch<sup>1</sup></b> Cold Pasta Salad WG Pasta Diced Turkey Cauliflower/Broccoli Mango and Berries  <b>Snack<sup>2</sup></b> WG Toast Watermelon	<b>Breakfast<sup>1</sup></b> 14 WG Tasteros Pears & Blueberries  <b>Lunch<sup>1</sup></b> WG Popcorn Chicken Sweet Pepper Slices Banana  <b>Snack<sup>2</sup></b> WG Snack Mix Pea Pods	<b>Breakfast<sup>1</sup></b> 15 WG Waffle Sticks Mandarin Oranges  <b>Lunch<sup>1</sup></b> Bean Burrito Bowl Beans Shredded Cheese WG Brown Rice Romaine Spinach Salad Salsa Raspberries  <b>Snack<sup>2</sup></b> WG English Muffin Tomato Sauce Shredded Cheese
4	<b>Breakfast<sup>1</sup></b> 18 WG Kix Egg and Cheese Omelet Fruit Cocktail  <b>Lunch<sup>1</sup></b> Beef Burger WG Bun Potato Salad Peaches  <b>Snack<sup>2</sup></b> Ritz Crackers Cheese Slice	<b>Breakfast<sup>1</sup></b> 19 WG Bagel Green Apple Slices  <b>Lunch<sup>1</sup></b> Chicken Salad WG Bun Coleslaw Blackberries  <b>Snack<sup>2</sup></b> WG Blueberry Muffin Mandarin Oranges	<b>Breakfast<sup>1</sup></b> 20 WG Toast Sunshine Fruit  <b>Lunch<sup>1</sup></b> Chef Salad Diced Turkey Shredded Cheese Romaine Lettuce Tomatoes WG Breadstick Fruit Infused Applesauce  <b>Snack<sup>2</sup></b> WG Flatbread Turkey	<b>Breakfast<sup>1</sup></b> 21 WG English Muffin Apricots  <b>Lunch<sup>1</sup></b> Chicken Taco WG Tortilla Shredded Cheese Romaine Spinach Salad Pineapple  <b>Snack<sup>2</sup></b> WG Teddy Grahams Apple	<b>Breakfast<sup>1</sup></b> 22 WG Pancake Pears  <b>Lunch<sup>1</sup></b> WG Grilled Cheese Tomato Soup Mixed Vegetables Orange Slices  <b>Snack<sup>2</sup></b> Cucumber Coins Hummus
1	<b>Breakfast<sup>1</sup></b> 25 WG Pancake Mandarin Oranges Mozzarella Cheese Stick  <b>Lunch<sup>1</sup></b> Diced Chicken WG Breadstick Spinach Salad Strawberries  <b>Snack<sup>2</sup></b> WG Granola Greek Vanilla Yogurt	<b>Breakfast<sup>1</sup></b> 26 WG Tasteros Strawberries  <b>Lunch<sup>1</sup></b> Egg Salad WG Tortilla Broccoli Slaw Mango & Berries  <b>Snack<sup>2</sup></b> WG Corn Tortilla Chips Salsa Mozzarella Cheese Stick	<b>Breakfast<sup>1</sup></b> 27 WG Waffle Sticks Tropical Fruit  <b>Lunch<sup>1</sup></b> Deli Turkey Slices WG Flatbread Three Sister's Soup Apple  <b>Snack<sup>2</sup></b> WG Toast Watermelon	<b>Breakfast<sup>1</sup></b> 28 WG French Toast Sticks Cinnamon Applesauce  <b>Lunch<sup>1</sup></b> Tuna Twist Salad WG Bun Sweet Pepper Slices Banana  <b>Snack<sup>2</sup></b> WG Snack Mix Pea Pods	<b>Breakfast<sup>1</sup></b> 29 WG Apple Cinn Muffin Orange Slices  <b>Lunch<sup>1</sup></b> WG Cheese and Black Bean Quesadilla Tomato Slices Blueberries  <b>Snack<sup>2</sup></b> WG English Muffin Tomato Sauce Shredded Cheese
<b>HSCCC PM SNACK</b>					
	WG Toast Pineapple	WG Snack Mix Peaches	Ritz Crackers Cottage Cheese	WG Bagel Mandarin Oranges	WG Biscuit Applesauce

<sup>1</sup>Milk

Served daily with breakfast & lunch  
 1-yr-olds = unflavored whole milk  
 2-yr-olds = unflavored 1% milk  
 3-5-yr-olds = unflavored 1% milk

<sup>2</sup>Water served daily with snack

**CACFP Requirements**

WG = Whole Grain-Rich  
 \*One Whole Grain-Rich item served daily.  
**Breakfast cereals and yogurt meet sugar limit.**

Non-discrimination Statement: "This institution is an equal opportunity provider."