

# July 2023 Menu



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Breakfast</b>	***Cereal (1/3C), Fruit (1/2C), Milk (6oz) <sup>3</sup>	<sup>4</sup>	***Cereal (1/3C), Fruit (1/2C), Milk (6oz) <sup>5</sup>	Blueberry Muffins (1/2), Organic yogurt (1/3C), Fruit (1/2C), Juice (4oz) <sup>6</sup>	***Cereal (1/3C), Fruit (1/2C), Milk (6oz) <sup>7</sup>
<b>Lunch</b>	Food From Home	No School	Food From Home	Food From Home	Food From Home
<b>PM Snack</b>	Animal Crackers (8), Fruit (1/2C), Milk (6oz)		Rocket Pops, Ritz Crackers, Water	Cheez-Its (14pcs), Fruit (1/2C), Juice (3/4C)	Ritz Crackers (4), American Cheese (1 slice), Juice (3/4C)
<b>Breakfast</b>	***Cereal (1/3C), Fruit (1/2C), Milk (6oz) <sup>10</sup>	Bagels & cream cheese (1) Fruit (1/2C), Milk (6oz) <sup>11</sup>	Blueberry Muffins (1/2), Organic yogurt (1/3C), Fruit (1/2C), Juice (4oz) <sup>12</sup>	Pancakes (1), Fruit (1/2C), Milk (6oz) <sup>13</sup>	***Cereal (1/3C), Fruit (1/2C), Milk (6oz) <sup>14</sup>
<b>Lunch</b>	Food From Home	Food From Home	Food From Home	Food From Home	Food From Home
<b>PM Snack</b>	GoldFish Crackers (14pcs), Fruit and water (3/4C)	Apple Slices, Yogurt (1/3 c) and water (3/4)	Wheat Thins W/Sunbutter (6pcs), water (3/4C)	Yogurt (1/3C) W/Nilla Wafers, water (3/4C)	Cheez-Its (14pcs), Fruit (1/2C), Juice (3/4C)
<b>Breakfast</b>	***Cereal (1/3C), Fruit (1/2C), Milk (6oz) <sup>17</sup>	Quesadillas (1/2), Fruit (1/2C), Juice (4oz) <sup>18</sup>	Waffles (2), Fruit (1/2C), Milk (6oz) <sup>19</sup>	French Toast Sticks (1), Fruit (1/2C), Juice (4oz) <sup>20</sup>	***Cereal (1/3C), Fruit (1/2C), Milk (6oz) <sup>21</sup>
<b>Lunch</b>	Food From Home	Food From Home	Food From Home	Food From Home	Food From Home
<b>PM Snack</b>	Grahams w/cream cheese (1), Juice (3/4C)	Cheez-Its (14pcs), Fruit (1/2C), Juice (3/4C)	Animal Crackers (8), Fruit (1/2C), Milk (6oz)	GoldFish Crackers (14pcs), Fruit and water (3/4C)	Apple Slices, Yogurt (1/3 c) and water (3/4)
<b>Breakfast</b>	***Cereal (1/3C), Fruit (1/2C), Milk (6oz) <sup>24</sup>	Bagels & cream cheese (1) Fruit (1/2C), Milk (6oz) <sup>25</sup>	French Toast Sticks (1), Fruit (1/2C), Juice (4oz) <sup>26</sup>	Quesadillas (1/2), Fruit (1/2C), Juice (4oz) <sup>27</sup>	***Cereal (1/3C), Fruit (1/2C), Milk (6oz) <sup>28</sup>
<b>Lunch</b>	Food From Home	Food From Home	Food From Home	Food From Home	Food From Home
<b>PM Snack</b>	Ritz Crackers (4), American Cheese (1 slice), Juice (3/4C)	Cheez-Its (14pcs), Fruit (1/2C), Juice (3/4C)	Goldfish (14pcs), Fruit (1/2C), Juice (3/4C)	Animal Crackers (8), Fruit (1/2C), Milk (6oz)	Grahams w/cream cheese (1), Juice (3/4C)
<b>Breakfast</b>	***Cereal (1/3C), Fruit (1/2C), Milk (6oz) <sup>31</sup>				
<b>Lunch</b>	Food From Home				
<b>PM Snack</b>	GoldFish Crackers, Fruit (1/2) and water (3/4C)				

\*\*\*Cereals we serve include: Kix, Crispix, Golden Grahams, and Rice Krispies.\*\*\*

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