

July 2018

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Dutch Rusk, assorted flavored yogurt, jams, cheese and milk	Dutch Rusk assorted flavored yogurt, jams, cheese, fruit bowl and milk	Dutch Rusk, assorted cereal, assorted flavored yogurt, jams, cheese, watermelon and milk	Dutch Rusk, assorted cereal, assorted flavored yogurt, jams, cheese, muffins and milk	Dutch Rusk, assorted cereal, assorted flavored yogurt, jams, cheese, orange segments and milk
Mid-morning snack	Blueberries, oatmeal muffin and water	Watermelon, whole wheat toast and water	Carrot muffin, strawberry, kiwi, banana fruit bowl and water	Hard boiled eggs, orange segments, milk and water	Cereal, raspberries, milk and water
Lunch	Pasta salad (add tuna or chicken), green and orange veggie plate, whole wheat biscuits, fruit and milk	Chicken Caesar wraps, green beans, sweet potato fries, fruit and milk	Veggie quiche, whole wheat rolls, garden salad, fruit and milk	Baked fish, potato salad, corn on the cob, fruit and milk	Broccoli salad, egg salad or tuna salad sandwiches, fruit and milk
Mid-afternoon snack	Hummus or Baba Ganoush & pita triangles, carrot sticks and water	Cheese, fresh peaches and water	Plums, mini bagels, cream cheese and water	Graham wafers fresh peaches, and water	Cantaloupe, oatmeal cookies and water

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	Monday	Tuesday	Wednesday	Thursday	Friday
Supper	Broccoli salad, egg and or tuna salad sandwiches, fruit and milk	Pasta salad (tuna, chicken, or ham) green and orange veggie tray, whole wheat biscuits, fruit and milk	Chicken Caesar wraps, green beans, sweet potato fries, fruit and milk	Veggie quiche, whole wheat rolls, garden salad, fruit, milk	Baked fish, mashed potatoes, corn on the cob, whole wheat bread, fruit and milk
Late night snack	Oatmeal cookies, cantaloupe and water	Baba ganoush or hummus, pita triangles and water	Cheese chunks, crackers and water	Plums, mini bagels, cream cheese and water	Graham wafers, peaches and water