

# July Menu

2017

<u>Date</u>	<u>Meal</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<b>Week of 7/3</b>	Breakfast	Yogurt, granola, fresh fruit		English muffins, fresh fruit	Scrambled eggs, fresh fruit	Cheerios, fresh fruit
	Lunch	Grilled Cheese, corn, pears		Hamburgers, mixed vegetables, pineapple	Chicken enchilada soup, peas, peaches	Chili, corn, apple sauce
	Snack	Pretzels, raisins		Vanilla wafers, string cheese	Ritz crackers, turkey	Saltine crackers, cheese
<b>Week of 7/10</b>	Breakfast	Yogurt, granola, fresh fruit	Bagels, w/cream cheese, fresh fruit	Pancakes, fresh fruit	Scrambled eggs, fresh fruit	Cheerios, fresh fruit
	Lunch	Lasagna, corn, pears	Chicken and rice casserole, peas, fruit cocktail	Goulash, mixed vegetables, pineapple	BBQ chicken sandwiches, green beans, peaches	Sloppy joes, corn, applesauce
	Snack	Pretzels, carrots	Graham crackers, gogurt	Saltine crackers, cheese	Ritz crackers, turkey	Gold fish, raisins
<b>Week of 7/17</b>	Breakfast	Yogurt, granola, fresh fruit	Bagels, w/cream cheese, fresh fruit	Oatmeal, fresh fruit	Scrambled eggs, fresh fruit	Cheerios, fresh fruit
	Lunch	Macaroni and cheese, green beans, peaches	Chicken alfredo, mixed vegetables, fruit cocktail	Hashbrown casserole, peas, pears	Chicken noodle soup, green beans, pineapple	Pizza, corn, apple sauce
	Snack	Pretzels, cucumbers	Graham crackers, gogurt	Vanilla wafers, string cheese	Ritz crackers, turkey	Cheeze its, raisins
<b>Week of 7/24</b>	Breakfast	Yogurt, granola, fresh fruit	Bagels, w/cream cheese, fresh fruit	Waffles, fresh fruit	Scrambled eggs, fresh fruit	Cheerios, fresh fruit
	Lunch	Spaghetti, tomato soup, corn, pears	Chicken and broccoli casserole, peas, fruit cocktail	Taco bake, green beans, pineapple	Cowboy meatloaf, mixed vegetables, peaches	Chicken teriyaki, corn, apple sauce
	Snack	Pretzels, carrots	Graham crackers, gogurt	Saltine crackers, Cheese	Ritz crackers, turkey	Gold fish, raisins