


**BEGINNINGS AND BEYOND ~ JULY 2019**

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	1	Mini Bagel Applesauce Milk	2	3	4	5
LUNCH		Chicken and Dumplings Green Beans Pears Milk	Crispy Baked Fish W.W. Bread Triangles Mixed Vegetables Peaches Milk	Rice Krispies Banana Milk  <b>JULY 4TH LUNCH</b> All Natural Turkey Hot Dogs Hot Dog Roll Baked Beans Watermelon Cubes Milk 	<b>NO SCHOOL</b>    <b>JULY 4TH</b>	Corn Chex Cereal Oranges Milk  <b>ICE CREAM FRIDAY</b> Turkey Noodle Dinner (Gr.Turkey,Noodles) Pineapple Milk 
SNACK		W.G. Kix Mix 100% Apple or Cran/Grape Juice	Pretzels 100% Apple or Cran/Grape Juice	W.G. Wheat Thin Crackers 100% Apple or Cran/Grape Juice		W.G. Rice Cakes 100% Apple or Cran/Grape Juice
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BREAKFAST	8	Whole Wheat Toast Pineapple Milk Tasty Chicken Tenders	9	10	11	12
LUNCH		Dinner Roll Mashed Potatoes Mixed Fruit Milk	Bow Tie Tuna Green Beans Applesauce Milk	H.M. Cheese Pizza Mixed Vegetables Oranges Milk	Turkey Meatloaf Peas and Carrots W.W. Bread Triangles Mixed Fruit Milk	W.W. French Toast Pure Maple Syrup Banana Milk  <b>ICE CREAM FRIDAY</b> Chicken Salad/Sandwich Bun Broccoli Watermelon Milk 
SNACK		Goldfish Crackers 100% Apple or Cran/Grape Juice	Watermelon Cubes Milk	Pretzel Rods 100% Apple or Cran/Grape Juice	Animal Crackers 100% Apple or Cran/Grape Juice	Chex Mix (Rice & Corn Chex, Raisins,Pretzels) Apple or Cran/Grape Juice
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BREAKFAST	15	Rice Chex Grapes Milk	16	17	18	19
LUNCH		<b>BREAKFAST FOR LUNCH</b> Scrambled Eggs Pop's Potatoes W.W. Bread Triangles Pineapple Milk 	Kids Favorite Chili (Gr.Turkey,Veg) Oyster Crackers Mixed Fruit Milk	W.G. English Muffins Pears Milk  Beef Burger Goulash (Gr. Beef,Noodles,Corn,Cheese) Cauliflower Applesauce Milk  Banana Whip Graham Crackers Waater	Waffles 100% Pure Maple Syrup Peaches Milk  Roasted Chicken Roasted Potatoes W.W. Bread Triangles Oranges Milk  Goldfish Crackers 100% Apple or Cran/Grape Juice Graham Crackers	Buttermilk Biscuits Banana Milk  <b>ICE CREAM FRIDAY</b> Meatballs in Brown Gravy W.G. Brown Rice Green Beans Pears Milk 
SNACK		Yogurt Graham Crackers Water	Pretzels 100% Apple or Cran/Grape Juice			Teddy Bites (Teddy Grahams,Pretzels,Raisins) 100% Apple or Cran/Grape Juice
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BREAKFAST	22	Bagels Applesauce Milk	23	24	25	26
LUNCH		Angry Bird Baked Chicken W.G. Brown Rice Mixed Vegetables Peaches Milk	Battered W.W. Toast Oranges Milk Baked Tilapia Carrots Italian Bread Slices Oranges Milk	Toasted Raisin Bread Mixed Fruit Milk  Grilled Cheese on W.W. Bread Broccoli Pineapple Milk  Cheese Slices Ritz Crackers Water	Pancakes/Pure Maple Syrup Pears Milk  H.M. Macaroni and Cheese Peas and Carrots Applesauce Milk  W.G. Corn Chips Mild Salsa Water	Corn Chex Banana Milk  <b>ICE CREAM FRIDAY</b> OMG Chicken Dinner Roll Green Beans Peaches Milk 
SNACK		Yogurt Graham Crackers Water	H.M. Breadsticks Tomato Sauce Dip Water			W.G. Crunchy Oat Squares 100% Apple or Cran/Grape Juice
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BREAKFAST	29	Rice Krispies Pears Milk	30			
LUNCH		Chicken Melties on W.G. English Muffins Peas Oranges Milk	W.G. English Muffins Pears Milk Penne Pasta Tomato Sauce Meatballs Peaches Milk Cucumber Slices Ranch Dressing Milk			
SNACK		Cheeze-It Crackers 100% Apple or Cran/Grape Juice				

Please note that if your child cannot eat any of the items on our menu due to allergies, beliefs, or food preferences, you must provide the meals for your child for that particular day. We are unable to provide alternative foods due to the time schedule and the large number of children we serve. We appreciate your understanding! Thank you!