


BEGINNINGS AND BEYOND ~ JULY 2022

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST					1 Corn Chex Cereal Oranges Milk
LUNCH					JULY 4TH LUNCH All Natural Turkey Hot Dogs Hot Dog Roll Baked Beans Watermelon Cubes Milk 
SNACK					ICE CREAM FRIDAY W.G. Wheat Thin Crackers 100% Fruit 
BREAKFAST	4 NO SCHOOL 	5 Golden Porridge (H.G. Oats) Pears Milk	6 W.G. Kix Cereal Peaches Milk	7 Corn Muffin Oranges Milk	8 W.W. French Toast Pure Maple Syrup Banana Milk
LUNCH		Bow Tie Tuna (Tuna/Pasta) Green Beans Applesauce Milk	H.M. Cheese Pizza Mixed Vegetables Oranges Milk	Turkey Meatloaf Peas and Carrots W.W. Bread Triangles Mixed Fruit Milk	ICE CREAM FRIDAY Chicken Salad/Sandwich Bun Broccoli Watermelon Milk 
SNACK	INDEPENDENCE DAY	Watermelon Cubes Milk	Pretzel Rods 100% Fruit Juice	Animal Crackers 100% Fruit Juice	Chex Mix (Rice & Corn Chex, Raisins,Pretzels) 100 5 Fruit Juice
BREAKFAST	11 Rice Krispies Cereal Peaches Milk	12 W.G. Toast Banana Milk	13 W.G. English Muffins Pears Milk	14 100% Pure Maple Syrup Peaches Milk	15 Buttermilk Biscuits Banana Milk
LUNCH	BREAKFAST FOR LUNCH Scrambled Eggs Pop's Potatoes W.W. Bread Triangles Pineapple Milk 	Kids Favorite Chili (Gr.Turkey,Veg) Oyster Crackers Mixed Fruit Milk	Beef Burger Goulash (Gr. Beef,Noodles,Corn,Cheese) Cauliflower Applesauce Milk	Roasted Chicken Roasted Potatoes W.W. Bread Triangles Oranges Milk	ICE CREAM FRIDAY Meatballs in Brown Gravy W.G. Brown Rice Green Beans Pears Milk 
SNACK	Yogurt Graham Crackers Water	Pretzels 100% Fruit Juice	Banana Whip Graham Crackers Water	Goldfish Crackers 100% Fruit Juice	Teddy Bites (Teddy Grahams,Pretzels,Raisins) 100% Fruit Juice
BREAKFAST	18 Bagels Applesauce Milk	19 Buttered W.W. Toast Grapes Milk	20 Toasted Raisin Bread Mixed Fruit Milk	21 Pancakes/Pure Maple Syrup Pears Milk	22 Corn Chex Banana Milk
LUNCH	Angry Bird Baked Chicken W.G. Brown Rice Mixed Vegetables Peaches Milk	Baked Tilapia Carrots Italian Bread Slices Oranges Milk	Grilled Cheese on W.W. Bread Broccoli Pineapple Milk	H.M. Macaroni and Cheese Peas and Carrots Applesauce Milk	ICE CREAM FRIDAY OMG Chicken Dinner Roll Green Beans Peaches Milk 
SNACK	Yogurt Graham Crackers Water	H.M. Breadsticks Tomato Sauce Dip Water	Cheese Slices Ritz Crackers Water	W.G. Tortilla Chips Mild Salsa Water	W.G. Crunchy Oat Squares 100% Fruit Juice
BREAKFAST	25 Rice Krispies Pears Milk	26 W.G. English Muffins Pears Milk	27 Mini Bagel Applesauce Milk	28 Buttermilk Biscuits Grapes Milk	29 Corn Flakes Cereal Banana Milk
LUNCH	Chicken Melties on W.G. English Muffins Peas Oranges Milk	Penne Pasta Tomato Sauce Meatballs Peaches Milk	Chicken and Dumplings Green Beans Pears Milk	Crispy Baked Fish Bread Triangles Mixed Vegetables Peaches Milk	Turkey Noodle Dinner (Gr.Turkey,Noodles) Carrots Pineapple Milk 
SNACK	Cheeze-It Crackers 100% Fruit Juice	Cucumber Slices Ranch Dressing Milk	W.G. Fruity Oat Mix 100% Fruit Juice	Pretzels 100% Fruit Juice	W.G. Rice Cakes 100% Fruit 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!