

# JULY MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1.</b> B- French Toast Sticks, Peaches, Milk AM- Club Crackers, Veggies w/Ranch, Milk L- WG Chicken Patty, Diced Carrots, Pineapple, Milk PM- Pita Bread -WG, Hummus, Dried Fruit Mix, Milk	<b>2.</b> B- Whole Wheat Toast w/Jelly, Oranges, Milk AM- Pizza Crackers-WG, Water L- Fiesta Beef Tacos, WG Tortilla, Corn, Milk PM- Pretzels, Apple Juice	<b>3.</b> CRCC CLOSED 4 <sup>th</sup> of JULY 
<b>6.</b> B- Cereal-WG, Fresh Fruit, Milk AM- Bell Pepper Strips & Yogurt Ranch Dip, Water L- Turkey Burger, Green Beans, Pineapple, Milk PM- Tortilla Chips, Mexican Cheese Dip, Water	<b>7.</b> B- Whole Wheat Toast w/Jelly or Jam, Mangos, Milk AM- Graham crackers, Milk L- WG Beef & Cheese Burrito, Peas, Tangerines, Milk PM- Ritz Crackers & Sunbutter, Strawberries, Milk	<b>8.</b> B- Mixed Berry Yogurt Parfait, Milk AM- Ritz Crackers-WG, Fresh Veggies w/ Ranch, Water L- Dice Turkey and HM Gravy, WG Dinner Roll, Mashed Potatoes, Honeydew, Milk PM- Animal Crackers, Circus Dip, Milk	<b>9.</b> B- Waffles, Bananas, Milk AM- Smore's Mix, Water L- HM Lemon Pepper Baked Chicken, WG Dinner Roll, Corn, Cantaloupe, Milk PM- Saltines w/Mixed Berry Jelly, Pears, Water	<b>10.</b> B- Cereal-WG, Apples, Milk AM- Cottage Cheese & Peaches, Water L- HM Seasoned Chicken & Marinara w/WG Penne Pasta, Veggie Blend, Mixed Fruit, Milk PM- Director's Choice, Fruit Juice
<b>13.</b> B- Bagels-WG w/Sun Butter, Clementines, Milk AM- Goldfish-WG, Banana, Milk L- HM Tuna Casserole, WG Penne Pasta, 5-way Mixed Veggies, Apples, Milk PM- Cucumber Slices & Ranch, Club Crackers, Water	<b>14.</b> B- Turkey Breakfast Sandwiches-WG, Peaches, Milk AM- Pizza Crackers-WG, Water L- HM Santa Fe Chicken w/WG HM Cilantro Lime Rice Bowl, Lettuce Salad, Cantaloupe, Milk PM- Banana Muffins, Milk	<b>15.</b> B- French Toast Sticks, Milk AM- Cucumbers, Celery Sticks and Carrots, Ranch Yogurt Dip, Water L- WG HM Mac and Cheese, Green Beans, Fresh Bananas, Milk PM- Taco Seasoned Oyster Crackers, Milk	<b>16.</b> B- English Muffin -WG, w/Fruit Jam or Jelly, Milk AM- Wheat Thins, Oranges, Milk L- HM BBQ Pulled Chicken, WG Dinner Roll, Vegetarian Baked Beans, Pineapple, Milk PM- Ritz Crackers, Cheese Stick, Water	<b>17.</b> B- Cereal-WG, Fresh Fruit, Milk AM- Milk L- HM Sloppy Joe, WG Hmaburger Buns, Seasoned Diced Potatoes, Mixed Fresh Fruit, Milk PM- Director's Choice, Water
<b>20.</b> B- Oatmeal-WG, Pears, Milk AM- Pretzels, Clementine, Milk L- HM Chicken Salad, WG Pita, Orangutan Salad, Pineapple, Milk PM- Soft Pretzels, Nacho Cheese, Water	<b>21.</b> B-Oatmeal, Strawberries, Milk AM- Cottage Cheese & Blueberries, Water L- WG Beef & Cheese Burrito, Peas, Fresh Pears, Milk PM- Dried Fruit Trail Mix-WG, Milk	<b>22.</b> B- Whole Wheat Toast w/Mixed Berry Jam, Banana, Milk AM- Goldfish, Applesauce, Milk L-Italian Meatball & Marinara Sandwich, WG Hot Dog Bun, Corn, Cantaloupe, Milk PM- Saltine Crackers, Olives, Grape Juice	<b>23.</b> B- Pancakes, Fresh Fruit, Milk AM- Cucumbers, Celery Sticks and Carrots, Ranch Yogurt Dip, Milk L- HM Cowboy Cavantini, WG Dinner Roll, Honeydew, Milk PM- Animal Crackers, Blueberries, Milk	<b>24.</b> B- Cereal-WG, Fresh Fruit, Milk AM- Cheez-Its, Oranges, Milk L- Turkey & Cheese Sandwich, WG Slice Bread, Baby Carrots, Mixed Fresh Fruit, Milk PM- Director's Choice, Milk
<b>27.</b> B- Cereal-WG, Fresh Fruit, Milk AM- Sun Chips-WG, Applesauce, Milk L- Beef Cheese Burger, HG Hamburger Bun, Seasoned Diced Potatoes, Cantaloupe, Milk PM- Wheat Thins-WG, Cheese Sticks, Fruit Juice	<b>28.</b> B- Berry Parfaits, Milk AM- Club Crackers, Cheese Stick, Olives, Milk L- HM Seasoned CHicken HM Alfredo w/ WG Rice Pilaf, Corn, Pineapple, Milk PM- Chips and Bean Dip, Milk	<b>29.</b> B- English Muffins, Peaches, Milk AM-Puffcorn, Clementine, Water L- HM Italian Rice & Beef, WG Bread Stick, Mashed Potatoes, Pineapple, Milk PM- Pretzels, Dried Fruit, Milk	<b>30.</b> B- Bagel, w/ Cream Cheese, Strawberries, Milk AM- Carrots, Hummus, Milk L- HM Chicken Fajitas, Chuckwagon Corn, WG Tortillas, Honeydew, Milk PM- Goldfish Crackers -WG, Applesauce, Water	<b>31.</b> B- Cereal-WG, Banana, Milk AM- Apple Slices, Ritz Crackers, Milk L- HM BBQ Pulled Chicken, WG Dinner Roll, Vegetarian Baked Beans, Mixed Fresh Fruit, Milk PM- Director's choice, Fruit Juice