

Week one - July 1-5	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast <i>Must include one serving of each of these three items:</i> <ul style="list-style-type: none"> • Grain/Meat or meat Alternate • Fruit or vegetable • Milk 	Cereal	Graham Crackers	Toast w/ Jelly	Center Closed	Cereal
	Raisins	Grapes	Blueberries - FF, GF		Bananas
	1 % Milk	1 % Milk	1 % Milk		1 % Milk
Lunch <i>Must include one serving of each of these five items:</i> <ul style="list-style-type: none"> • Meat or meat alternate • Grain • Fruit or vegetable • Vegetable • Milk 	Pepperoni Pizza Cassrole	Chicken stir fry	Turkey	4th of July	Ham and Cheese Roll Up
	(Rotini noodles)	Rice	Stuffing		(Tortilla Shell)
	Pineapple	Mandarin Oranges	Pears		Grapes
	Peas	Mixed Veges	Mashed Potatoes		Pickles
	1 % Milk	1 % Milk	1 % Milk		1 % Milk
Snack <i>Must include one serving of two items in the following list:</i> <ul style="list-style-type: none"> • Milk • Grain • Vegetable • Fruit / Juice • Meat or meat alternate 			Milk		
	Cheez its	Tortilla Chips	Smores Bars		Pretzels
		Salsa			
	Craisins				Juice

Water is available at all meals. At breakfast and lunch, it will be available after the milk is served. For snack, if no beverage is listed, water will be offered with the snack.

Note about our meats: All beef and poultry are cooked from fresh on-site. Pork, fish and luncheon meat products may be pre-cooked.
 Meat alternates include items such as eggs, cheese, yogurt, or dry cooked beans.

Week Two -- July 8-12	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Breakfast</p> <p><i>Must include one serving of each of these three items:</i></p> <ul style="list-style-type: none"> • Grain/Meat or meat Alternate • Fruit or vegetable • Milk 	<p>Graham Crackers</p> <p>Pears</p> <p>1 % Milk</p>	<p>Sausage</p> <p>Hasbrowns</p> <p>1 % Milk</p>	<p>Bagels/Cream Cheese</p> <p>Mand. Oranges</p> <p>1 % Milk</p>	<p>Cereal</p> <p>Apples</p> <p>1 % Milk</p>	<p>Scrambled Eggs</p> <p>Strawberries</p> <p>1 % Milk</p>
<p>Lunch</p> <p><i>Must include one serving of each of these five items:</i></p> <ul style="list-style-type: none"> • Meat or meat alternate • Grain • Fruit or vegetable • Vegetable • Milk 	<p>Turkey Noodle Casserole</p> <p>(Egg Noodles)</p> <p>Mixed Fruit</p> <p>Peas</p> <p>1 % Milk</p>	<p>Beef Tacos</p> <p>(Tortilla Shell)</p> <p>Oranges</p> <p>Carrot sticks</p> <p>1 % Milk</p>	<p>Ham and Potato Casserole</p> <p>Potatoes</p> <p>Pineapple</p> <p>Corn</p> <p>1 % Milk</p>	<p>Pepperoni</p> <p>Rice-A-Roni</p> <p>Applesauce</p> <p>Mixed Veges</p> <p>1 % Milk</p>	<p>BLT Squares</p> <p>(Crossiant bread crust)</p> <p>Grapes</p> <p>Tomato/lettuce</p> <p>1 % Milk</p>
<p>Snack</p> <p><i>Must include one serving of two items in the following list:</i></p> <ul style="list-style-type: none"> • Milk • Grain • Vegetable • Fruit / Juice • Meat or meat alternate 	<p>Goldfish</p> <p>Craisins</p>	<p>Ranch Oyster Crackers</p> <p>String Cheese</p>	<p>Animal Crackers</p> <p>Raisins</p>	<p>1 % Milk</p> <p>Rice Krispy bars</p>	<p>Chex Mix</p> <p>Juice</p>

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Week Three -- July 15-19	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast <i>Must include one serving of each of these three items:</i> <ul style="list-style-type: none"> • Grain/Meat or meat Alternate • Fruit or vegetable • Milk 	Graham Crackers	Sausage Gravy/Toast	Waffles	Bagels w/ Cream Cheese	Cereal
	Grapes	Mand. Oranges	Applesauce	Blueberries	Craisins
	1 % Milk	1 % Milk	1 % Milk	1 % Milk	1 % Milk
Lunch <i>Must include one serving of each of these five items:</i> <ul style="list-style-type: none"> • Meat or meat alternate • Grain • Fruit or vegetable • Vegetable • Milk 	Chicken Alfredo over Noodles	Pepperoni Pizza	Bacon Ranch Pasta	Beef Goulash	BBQ Chicken Rollup
	(Egg Noodles)	Pizza Crust	Macaroni Noodles	Macaroni Noodles	(Tortilla Shell)
	Peaches	Apples	Pineapples	Pears	Oranges
	Broccoli	Carrots	Peas	Corn	Green Beans
	1 % Milk	1 % Milk	1 % Milk	1 % Milk	1 % Milk
Snack <i>Must include one serving of two items in the following list:</i> <ul style="list-style-type: none"> • Milk • Grain • Vegetable • Fruit / Juice • Meat or meat alternate 	Trail Mix	Tortilla chips	Goldfish	Oyster Crackers	1% Milk
	Raisins		Carrots sticks w/ ranch	Cucumbers w/ranch	Oreo Dessert
		Cheese sauce			

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Week four -- July 22-26	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Breakfast</p> <p><i>Must include one serving of each of these three items:</i></p> <ul style="list-style-type: none"> • Grain/Meat or meat Alternate • Fruit or vegetable • Milk 	Graham Crackers	English Muffins	French toast sticks	Yogurt	Cereal
	Apples	Pears	Peaches	Strawberries	Bananas
	1 % Milk	1 % Milk	1 % Milk	1 % Milk	1 % Milk
<p>Lunch</p> <p><i>Must include one serving of each of these five items:</i></p> <ul style="list-style-type: none"> • Meat or meat alternate • Grain • Fruit or vegetable • Vegetable • Milk 	Pepperoni Italian Pasta Salad	Beef Stroganoff	Chicken Noodle Soup	Fish Sticks	Chicken Salad Sandwich
	Rotini Noodles	(Egg noodles)	Oyster Crackers	Tator tots	(Bun)
	Broccoli	Peas	Apples	Grapes	Apples
	Melon	Applesauce	Carrots	Green beans	Carrot Sticks w/ ranch
	1 % Milk	1 % Milk	1 % Milk	1 % Milk	1 % Milk
<p>Snack</p> <p><i>Must include one serving of two items in the following list:</i></p> <ul style="list-style-type: none"> • Milk • Grain • Vegetable • Fruit / Juice • Meat or meat alternate 	Veggie Straws	Grahams	1% Milk	Ritz Crackers	Grahams
	Craisins	Raisins	Cherry cheesecake bars		Raisins
				Summer Sausage	

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Week four -- July 29-Aug 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast <i>Must include one serving of each of these three items:</i> <ul style="list-style-type: none"> • Grain/Meat or meat Alternate • Fruit or vegetable • Milk 	Breakfast Burritos Mandarin Oranges 1 % Milk	Cereal Bananas 1 % Milk	Pancakes Mix Fruit 1 % Milk	Graham Crackers Blueberries 1 % Milk	Jelly toast Raisins 1 % Milk
Lunch <i>Must include one serving of each of these five items:</i> <ul style="list-style-type: none"> • Meat or meat alternate • Grain • Fruit or vegetable • Vegetable • Milk 	Beef Lasagna Lasagna Noodles Green Beans Peaches 1 % Milk	Beef Barley Soup Crackers Mixed veges Cantaloupe 1 % Milk	Pulled Pork on a bun Bun peppers Watermelon 1 % Milk	Grilled Pepperoni/cheese sandwich Bread Carrots Oranges 1 % Milk	Turkey cheese rollup Tortilla shell Apples Cucumbers 1 % Milk
Snack <i>Must include one serving of two items in the following list:</i> <ul style="list-style-type: none"> • Milk • Grain • Vegetable • Fruit / Juice • Meat or meat alternate 	1% Milk Fruit Pizza	Golfish Celery	Veggie Straws Cheese	1% Milk Animal Crackers	Granola Bars Craisins

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